

20 Calorie Savers

Easy, delicious substitutions to eat fewer calories.



Cooking

Bold = high calorie
Plain = lower calorie substitution

"Poured" oil, 1 tablespoon: **120**
Spray oil: 5
Mayonnaise, 1 tablespoon: **94**
Lowfat mayonnaise: 15
Salad dressing, tablespoon: **145**
Vinegar: 1-3
Ground beef, 100 grams: **332**
Lean turkey, 100 grams: 130
Eggs, whole, 2: **156**
Egg whites, 2: 34
Butter, tablespoon: **102**
Olive oil spray: 5
Sour cream, tablespoon: **23**
Nonfat plain Greek yogurt: 9
Croutons, cup: **122**
Toasted nuts, 1/2 ounce: 75



Dessert

Ice Cream, 1/2 cup: **230**
Whipped Cream, 1 oz: 76
Ice Cream, 1/2 cup: **230**
Greek yogurt, 6 oz: 100
Chocolate, ounce: **155**
Chocolate syrup, tablespoon: 100
Cookie, average: **300**
Toasted nuts, 1/2 ounce: 75
Cupcake, iced, average: **600**
Biscotti, average, each: 100



Beverage & Meals

Whole milk, 1 cup: **146**
Skim milk, 1 cup: 90
Half-N-Half, tablespoon: **20**
Fat-free Half-N-Half, tablespoon: 9
Soda, can: **150**
Unsweetened tea: 0
Bagel, 1, average: **245**
Oatmeal, prepared, cup: 158
Deli sandwich, average: **456**
Soup and salad, lowfat, average: 300
Potato chips, ounce: **150**
Apple, 1: 95
Fast food meal, average: **756**
Sushi rolls, 1 serving, average: 300