

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: 7



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