

## **HOW TO EAT WELL AND REDUCE THE CALORIES & FAT**

**when you are adding additional food to your Cambridge.** Important! If some of the suggestions are foods that you can't stop eating, don't use them. For foods that you can't resist, don't have them in your house, but if you must have those foods, you can go out and get them and eat them occasionally.

1. Snack on fruit. Frozen seedless grapes or sliced frozen bananas are a really good snack. You can use the sliced frozen bananas in your shakes instead of ice.
2. Replace ½ cup of whole milk with ½ cup of non-fat milk or mix the 2.
3. Eat 2 poached eggs instead of 2 fried eggs, or fry with Pam.
4. Add 1 scoop vanilla Cambridge shake with banana extract or ¼ of a banana & Equal to your cereal instead of non-fat milk and sugar. Wheaties only have 110 calories for ¾ of a cup. Check the calories of your favorite cereal.
5. Make French Toast, with non-fat milk and egg whites, or EggBeaters. Top with diet syrup, low sugar jam, or unsweetened applesauce with cinnamon & Equal.
6. **Spread all-fruit or low-sugar jam on your toast rather than butter. Check the calories of your favorite bread. Find one you like and use for all bread needs.**
7. Snack on a Cambridge Nutrition bars instead of candy. Cut up in peanut size pieces.
8. Dip an artichoke in low-fat mayonnaise instead of regular mayonnaise or eat plain.
9. On your meat-and-vegetable kabob, replace 2 of the 4 chunks of meat with fresh whole mushrooms.
10. Munch on 35 pretzel sticks instead of 1 ounce of dry-roasted peanuts.
11. Steam your asparagus rather than sauté it in 1 tablespoon of butter or oil.
12. Make a dip with non-fat cottage cheese mixed with salsa. Use lots of vegetables as dippers and a few low-fat chips.
13. Instead of a 5-ounce glass of wine, mix 1 or 2 ounces wine with Diet 7-UP. Don't use alcohol if you're not adding additional food to your Cambridge.
14. Make a burrito with ½ cup of fat-free refried beans and 1 oz. of non-fat cheese instead of the same amount of traditional refried beans and cheese.
15. Replace bacon with Light & Lean Canadian bacon.
16. Eat a Lender's egg bagel instead of a Sara Lee egg bagel. Check the calorie count of your favorite bagels. You may need to only eat ½ a bagel instead of a whole one.
17. Select home-style baked beans instead of a serving of baked beans with franks.
18. Replace 1 biscuit with 1 small dinner roll. Use low sugar jam in place of butter.
19. For a sandwich, use 2 slices of Roman Light 7-grain bread instead of Pepperidge Farm wheat bread. Or make a 1-slice sandwich with lots of low cal filling.
20. Eat steamed broccoli instead of frozen broccoli in cheese sauce. Use I Can't Believe It's Not Butter Spray & Kraft Grated Parmesan Cheese on broccoli.
21. For a chewy snack, have 1 or 2 pieces only of dried fruit.
22. Replace a muffin with a high-fiber, or sourdough English muffin. Use I Can't Believe It's Not Butter Spray 0 cal. 0 fat or low sugar jam to top muffin.
23. Switch from whole -milk hot chocolate to Cambridge Chocolate Cappuccino.
24. Replace Micro-wave popcorn with air-popped popcorn. Use I Can't Believe It's not Butter Spray and Kraft Grated Parmesan Cheese on the popcorn.
25. Mix non-fat Cool-Whip with Dannon Vanilla Non-fat Yogurt for a pudding like topping for a berry or fruit desert.