

<p><b>1. Modify Your Milk</b></p> <p>instead of drinking two cups of whole milk, switch to two cups of 1% lowfat milk or skim milk. The nutrients are comparable.</p>		
<p><b>2. Modify Your Mayo</b></p> <p>Switch from two tablespoons of regular mayonnaise to two tablespoons of low-fat mayonnaise.</p>		
<p><b>3. Rethink Your Drink</b></p> <p>Substitute a 12-ounce can of a diet soft drink at 0 calories for a similar amount of a regular soft drink at 150 calories.</p> <p>Or, drink a cold glass of water, perhaps with a slice of lemon! This strategy also may help you eat less in other ways. According to Dr. Barbara Rolls, Pennsylvania State University nutrition professor and author of <i>Volumetrics: Fe&amp; Full on Fewer Calories</i>: "Various liquids are processed by different mechanisms in the body. The hunger and thirst mechanisms are quite separate. A soft drink will trigger thirst mechanisms, not hunger mechanisms, and add calories without satisfying hunger. You may end up consuming more total calories than if you didn't take the drink."</p>		
<p><b>4. Downsize Your Drink</b></p> <p>If you've been drinking a 20-ounce container of a regular soft drink, switch to a 12-ounce container size.</p>		
<p><b>5. "Dress," Don't "Drown" Your Salad</b></p> <p>Pam Anderson (<i>How to Cook Without a Book, Broadway Books, 2000</i>) advises about 1 tablespoon of oil and a teaspoon of vinegar for each 1-1/2 cup portion of salad.</p> <p>In <i>How to Make Salad</i> (Boston Common Press, 1998), the test kitchen staff for <i>Cook's Illustrated</i> magazine advise 1/4 cup of vinaigrette should be enough to dress 2 quarts (8 cups) of loosely packed salad, an amount they suggest for 4 servings. That means each 2-cup serving of salad greens should have about 1 tablespoon of dressing on it.</p> <p>TIP: Dressing slides off damp salad greens and collects in the bottom of the salad bowl. You'll get more flavor with less dressing if salad greens are washed and thoroughly dried. Bagged lettuce that's pre-washed and labeled "ready to eat" should be dry enough as is. If you need to wash salad greens, the easiest way to dry them is in a salad spinner. Pack lightly to avoid overcrowding and bruising the greens. After spinning, pat off any remaining moisture with clean paper towels. If you don't have a spinner, dry greens thoroughly with clean paper towels.</p> <p>If you've been using 3 (or more!) tablespoons of dressing per two cups of salad, try cutting back to 1-1/2 tablespoons of dressing or less. Or experiment with some of the reduced calorie versions even then, your salad will taste best if "dressed," not "drowned."</p>		
<p><b>6. Size up Your Cereal Bowl</b></p> <p>A study reported in the <i>Journal of the American College of Nutrition</i> (June, 2001) found the amount of cereal eaten by adults was approximately twice the serving size listed on the box. That's not necessarily bad, but may be one place calories are sneaking into meals. Check the portion size you're pouring in relation to the size cited on the box; decide if you're pouring more calories than desired. Try eating from a smaller bowl to aid in portion control</p>		