

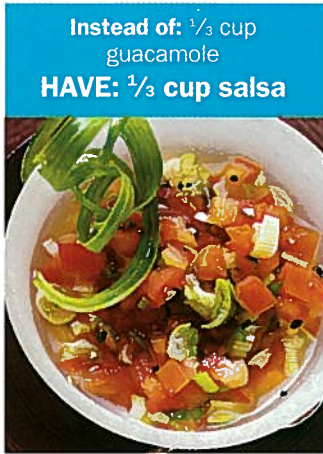
CalorieCounting

10 Ways to Lose 10 Pounds

You'll hardly notice these healthy tweaks, but by this time next year your scale will *by Ellie Krieger, M.S., R.D.*



Instead of: 12 oz. of apple juice
HAVE: 1 medium apple



Instead of: 1/3 cup guacamole
HAVE: 1/3 cup salsa



Instead of: regular ice cream
HAVE: light ice cream



Instead of: 3-oz. martini
HAVE: 4.5 oz. of white wine



Instead of: plain bagel
HAVE: scrambled egg with buttered whole wheat bread



Instead of: 12-oz. regular latte
HAVE: 12-oz. skim latte



Instead of: 5-oz. broiled T-bone steak
HAVE: 5-oz. broiled pork tenderloin



Instead of: McDonald's Chicken Selects
HAVE: McDonald's regular hamburger



Instead of: 20 jelly beans
HAVE: 1 fudge pop



Instead of: tuna salad sandwich
HAVE: ham sandwich made with lean ham