

50 WAYS TO LOSE 10 LBS.

By JULIE UPTON

The No. 1 rule for long-lasting weight loss: Don't diet.

Diets, researchers find, don't last a lifetime - which is why most dieters regain any weight they manage to lose.

In fact, research shows that dieters tend to gain more weight in the long run than those who don't follow any weight-loss regimes.

Why? For starters, dieting can lead to feelings of deprivation, which triggers binge eating in many people. That can lead to feelings of failure and low self-esteem, which derail future attempts at weight loss.

Weight-loss experts agree that the only way to win the war against fat is to develop simple changes in how we eat - and increase the activity in our daily lives.

Since a pound of fat equals 3,500 calories, if you burn 100 calories a day or eat 100 fewer calories, you'll find yourself 10 pounds lighter this time next year.

Here, courtesy of the experts, are 50 painless ways to cut those calories and lose those pounds.

1. Take three bites less of everything. Three bites less of a typical fast-food burger will save you 100 calories, while leaving a couple of bites on your plate at each meal will spare you significant calories. Since our portions are almost always more than we need, you won't even notice.
2. Streamline your pizza. By cutting out the cheese and meat toppings, and subbing extra sauce and veggies, you'll save about 100 calories per slice.
3. Cut down on TV. Studies show that people who watch more than two hours a day tend to be more overweight than their less-plugged-in counterparts. The more you sit (and sit and snack), the more weight you'll gain.
4. Use nonstick sprays and pans. You'll save 100 calories for every tablespoon of oil or butter you don't use.
5. At parties, turn your back on the buffet table. If you're not tempted by what you see,

you could save yourself hundreds of calories.

6. Cut the sugar and fat. Decrease the sweets by one-third in all recipes, and you won't even notice the difference. Replace 100 percent of the fat with applesauce in brownies or a moist cake and they'll still come out great.

7. Grab fruit, not candy. Make that swap once a day and you'll save more than 100 calories. Plus, the fiber in the produce will help keep you fuller longer.

8. Drink from tall, thin glasses. Researchers find we tend to drink, on average, 77 percent more from short, squat glasses than from tall, thin ones. It's a matter of perception: It looks like there is less liquid in a short, wide glass.

9. Stand, don't sit. Don't despair when you can't get a seat on the C train or you're stuck in line at motor vehicles. Standing for 50 minutes daily burns 100 calories.

10. Use smaller plates and bowls. Seriously. If you eat from large plates, you're going to eat more calories - probably much more than 100 calories.

11. Eat breakfast. People who eat breakfast - no matter what it is - consume fewer calories during the day. Ideally, you should have three meals and two snacks daily. That helps maintain your energy level and keeps you from becoming ravenous.

12. Sleep longer. There's a reason it's called "beauty" sleep. Research shows that extra sleep can help people stick with healthier eating and helps control hormones that trigger food cravings.

13. Move during commercials. If you walk around, march in place or do simple calisthenics, you'll burn at least 100 calories in two hours.

14. Stretch that soda. Instead of drinking an entire 20-ounce bottle of soda, fruit juice or other sweetened beverage at one time, make it last for 2 1/2 servings (as the label states). Dilute it with water or seltzer if you need to drink more.

15. Build brawn. Adding two pounds of muscle means that your body, at rest, will burn an extra 100 calories a day, since muscle is many times more metabolically active than fat. That's why muscular people can eat more than the rest of us, with less weight gain.

16. Don't hibernate when it snows. Just 10 minutes of cross-country skiing or snowshoeing in Central Park burns more than 100 calories.

17. Clean up. Thirty minutes of tidying up equals 100 calories. Soon you'll be tossing out the clothes that are too big for you.

18. Eat some good bugs. Yogurt is one of the healthiest foods you can eat, but flavored yogurt can be loaded with sugar calories. Choose plain, nonfat yogurt or artificially

sweetened containers over fruit-flavored and you can save up to 100 calories per 8-ounce serving.

19. Eat your fruit fresh, not dried. Snack on 10 grapes instead of a mini box of raisins and you'll save yourself 100 calories.

20. Try the sundae diet. Have a sundae every day and lose weight by substituting fruit for ice cream. You'll save at least 140 calories by going for the berries - even more if you're subbing them for premium ice cream.

21. Walk a dog - even your neighbor's. You'll burn about 6.5 calories per minute - or 130 calories during a 20-minute walk.

22. Have a salad before lunch. New research shows that someone who eats a large salad before a meal consumes 125 fewer calories during that meal. Add a salad to every lunch and lose 12 pounds in a year!

23. Eat first, shop later. Think of today's supermarkets and specialty markets as goodie factories with samples galore. Eat before shopping so you can avoid the temptation of tasting the samples. It will also help you from bringing home no-no items.

24. Don't drown your salad. Swap your regular bottled dressing for fat-free and save over 100 calories per two-tablespoon serving.

25. Nosh lightly. Munch on 2 ounces of baked potato or tortilla chips instead of their fried full-fat counterparts. Each 2-ounce nosh will save you 100 calories.

26. Go skinny dipping. Instead of having guacamole with your favorite chips, try salsa. You'll save more than 100 calories per quarter-cup.

27. Order a virgin (mixed drink, that is). A virgin cocktail will save you about 100 calories since the distilled spirits pack 100 calories per 1 1/2-ounce shot of distilled spirits.

28. Substitute two cans of low-carb or light beer for regular. You'll save 100 calories.

29. Skip the cheese on your sandwich or next burger. An ounce of cheese packs 100 calories.

30. Say bye to bagels. Have a whole-wheat English muffin or two slices of whole-wheat toast for breakfast instead. You'll save over 150 calories.

31. Simplify cocktails. Fancy, mixed drinks like margaritas, Brandy Alexander or Sea Breezes can pack in 300 calories or more per drink. You'll save about 100 calories by having wine, champagne or beer.

32. Eat three a day. Nonfat or low-fat dairy foods, that is. Research shows that

individuals who eat more dairy foods are leaner than their dairy-eschewing counterparts. Scientists believe that components in dairy products help speed fat metabolism while helping the body build muscle mass.

33. Choose the best licks. Skip super-premium ice cream and have a frozen fruit juice bar to save 100 calories.

34. Get off the subway one or two stops earlier. The 15- to 20-block walk will equal about 100 calories and you'll get a chance to enjoy the scenery and do some window shopping, too.

35. Wear a pedometer. The recommendation for overall health is to log 10,000 steps a day. Wearing a pedometer will show you just how much (or how little) walking you do.

36. Get a move on at work. Let your legs do the walking - get up and visit your co-workers instead of e-mailing them. And walk to get your lunch instead of having it delivered.

37. Replenish your glass of regular soda with diet soda, water or seltzer. You'll save 100 calories for eight ounces. 38. Nibble fewer nuts. Yes, they're nutritious, but they're also high in calories. Eat about 15 fewer mixed nuts than normal to shave off 100 calories.

39. Eat bread, not butter. Just three pats of butter with the bread basket equals 100 calories.

40. Go for oats. For a hearty breakfast, eat a cup of steel-cut oats instead of flavored oats to save 100 calories. An added bonus: Researchers found that people who eat high-fiber oats for breakfast consume fewer calories during the day.

41. Nix post-dinner noshes. Physiologically, the body doesn't need additional energy after the evening meal.

42. Order half a deli sandwich instead of a whole one. Most deli sandwiches pack in over 500 calories, which is too much for lunch. Eat half the sandwich and have a piece of fruit - and save yourself 200 calories.

43. Enjoy a lettuce-pocket sandwich. Have a sandwich wrapped in large red leaf lettuce instead of pita bread to save over 150 calories.

44. Cut back on protein. Cut back by just 3 ounces a day on lean meat, poultry or fish, since you can have too much of a good thing - which is then stored as fat.

45. Swap a veggie for a carb. Substituting one serving of vegetables (one cup raw or a half-cup cooked) for half a cup of cooked pasta or rice or a handful of pretzels twice daily will save you over 100 calories per day.

46. Change your coffee break. Ask for skim rather than whole milk for your grande (16 ounces) or skip the whipped cream on your Starbucks drinks or downsize from a venti to a grande or a grande to a tall. Some coffee drinks can pack more calories than two glazed doughnuts.

47. Miniaturize it. At fast food restaurants, order the smallest hamburger without cheese instead of the larger, specialty burgers. A McDonald's hamburger instead of a QuarterPounder will shave 150 calories off your meal.

48. Nibble fewer nuggets. Fingers, tenders, pieces - whatever you call them, if you eat two fewer pieces than you usually do, that equals 100 calories. Watch the sauces, too. Sometimes the sauce can have just as many calories as the nuggets.

49. Find a smarter chocolate. Have a bag of Raisinets or three to five Tootsie rolls instead of a gooey candy bar to satisfy your chocolate craving. You'll save 100 calories.

50. Out of sight, out of mouth. Desk-drawer goodies will do you in. Keep chocolates and other candies out of reach at work. You'll eat, on average, six fewer pieces that way.

Julie Upton is a registered dietitian in Manhattan. Sources for this article include James Hill, director of the Center for Human Nutrition at the University of Colorado Health Sciences Center in Denver; Judith Wylie-Rosett, head of the Division of Health Behavior and Nutrition at Albert Einstein College of Medicine in the Bronx; Katherine Tallmadge, author of "Diet Simple;" registered dietician Cynthia Sass; Jessica Smith, certified personal trainer at New York Sports Clubs and Eddie Carrington, personal trainer, Bally Total Fitness.

Copyright 2004 by United Press International.