

The Biggest Loser Calorie Counter

If you've ever wondered why some people are able to shed those pounds and keep them off, it's probably because they know the five secrets to lasting weight loss.

1. They eat breakfast.
2. They eat fruit and/or vegetables with each meal.
3. They have protein with each meal and snack.
4. They're physically active.
5. They plan their meals, their snacks, and their exercise.

Counting calories alone isn't the answer, but it is an important factor in this winning equation. *The Biggest Loser Complete Calorie Counter* is an indispensable part of your successful weight loss plan.

Carry *The Biggest Loser Complete Calorie Counter* wherever you go. You may even want an extra copy to keep at work or in your car. Is every food in this book a part of the Biggest Loser Weight Loss Plan? No. The numbers will jump off the page for the foods you shouldn't be having. But we all have weak moments now and then. When you do, you'll still be able to record everything you eat by looking it up in this book (and make up for any indulgences by overcompensating at your next workout or undercompensating at your next meal).

THE BIGGEST LOSER DIET IN A NUTSHELL

Before explaining how to use this guide, here's a brief review of the Biggest Loser Weight Loss Plan. It's based on two principles.

- With a regular exercise program in place, you must burn off more calories than you take in each day.
- Your recommended daily caloric intake for weight loss is made up of about 45 percent carbohydrate calories, 30 percent lean protein calories, and 25 percent healthy fat calories.

These guidelines are not meant to replace the advice of your personal health care provider. Please consult with him or her for specific guidelines tailored to your situation and medical condition.

Carbohydrates

Carbohydrates include vegetables, fruits, and whole grains. Each gram of carbohydrate contains 4 calories. Aim for a minimum of 4 cups of a variety of nondried fruits and nonstarchy vegetables daily. Favor fruits and vegetables over grain products, choose whole grain foods in moderation, and select whole grain foods with a high fiber content.

Vegetables

Vegetables should make up the majority of your carbohydrate intake.

- Cook your vegetables for the minimal amount of time possible to preserve nutrients.
- Avoid added fat; steam, grill, or stir-fry veggies in a nonstick pan.
- Try to eat at least one raw vegetable each day.

- Eat a vegetable salad most days of the week.
- Plan ahead. Keep cut-up vegetables such as bell peppers, broccoli, and jicama in your fridge for easy snacking at home or to take to work or school.
- Starchier vegetables such as pumpkin, winter squash, and sweet potatoes are higher in calories and carbs, so you should limit them to a serving or two per week.
- Fresh vegetables are best, but it's okay to choose frozen. If you opt for canned, watch the sodium content; you'll need to rinse the veggies before cooking them.

Fruit

Fruit is naturally sweet, refreshing, and delicious. Be sure to enjoy at least one raw fruit each day and try a new fruit each week to add variety to your menu.

- Savor fruits from different color groups—dark green, light green, orange, purple, red, and yellow. This ensures you're getting a variety of nutrients each day.
- Avoid dried fruits, such as dried berries and raisins. They're more concentrated in calories and sugar, and they're not as filling as their raw counterparts.
- Choose whole fruit over fruit juices. Fruit juice contains less fiber so it's not as filling as whole fruit, and it's more concentrated in sugars. When you do choose juice, a serving size is 4 ounces (½ cup).
- Fresh fruits are preferable, but frozen is fine if it is not packaged with sugar or syrup. If you choose canned, be sure it is packed in water, not syrup.

Whole Grains

Whole grains have undergone minimal processing and thus are more nutritious. When whole grains are refined, important nutrients are removed. All that's usually left is starch, which is loaded with carbohydrate calories and little else.

- When choosing bread products, check out the label first. If the label says “enriched,” it probably contains white flour, meaning it's low in fiber and nutrition.
- Choose breads with at least 2 grams of fiber per serving.
- The first ingredient listed should be “whole wheat” or “whole grain.” If the label says “wheat flour,” you may want to make a different choice. Wheat flour is enriched flour with some whole wheat added.
- Most packaged breakfast cereals are highly processed and loaded with sugar. Try to choose packaged cereals with less than 5 grams of sugar and at least 5 grams of fiber per serving.

Protein

On the Biggest Loser Diet, approximately 30 percent of your daily calorie intake will come from lean proteins. Each gram of protein contains around 4 calories. Remember to include protein with each meal and each snack so your body can use it throughout the day. There's plenty to choose from in three different protein groups: animal protein, low-fat (or fat-free) dairy protein, and vegetarian protein.

- Choose a variety of proteins each day in order to meet your calorie goal.

- Limit your servings of lean red meat to twice a week. Red meat tends to be higher in saturated fat.
- Fish is an excellent source of protein, omega-3 fatty acids, vitamin E, and selenium. Cold-water fish (such as salmon, mackerel, and herring) contain more hearty-healthy fats—though they also have more calories.
- Avoid processed meats, such as bologna, hot dogs, and sausage; they're generally high in fat and calories. If you do indulge in these meats, try to find products that are nitrate-free. Nitrates can react with foods in your stomach to form potentially cancer-causing compounds.

Protein Sources

Meat: Choose lean cuts of meat, such as pork tenderloin and lean cuts of beef including round, chuck, sirloin, and tenderloin. USDA choice or USDA select grades of beef usually have lower fat content. Avoid meat that is heavily marbled, and remove any visible fat. Try to find ground meat that is at least 95 percent lean.

Poultry: The leanest poultry is the skinless white meat from the breast of chicken or turkey. When choosing ground chicken or turkey, ask for the white meat and try to avoid dark meat from the thigh and wing. Egg whites are an excellent source of protein and are fat free.

Seafood: Try to choose fish rich in omega-3 fatty acids. These fish include salmon, sardines (water-packed), herring, mackerel, trout, and tuna. Indulge in shark and swordfish sparingly, as these fish have been shown to have high levels of mercury.

THE BIGGEST LOSER TIPS FOR SUCCESS

- Plan meals in advance.
- Schedule your three small meals plus two or three small snacks every day. Skipping meals leads to excess hunger, extreme eating, and extra calories.
- Pay attention to your portion sizes.
- Minimize saturated fats, trans fats, added sugars, processed foods, and excess salt.
- Record all meals in a food journal.
- Drink at least eight 8-ounce glasses of water a day.
- Exercise daily according to the recommendations of your personal trainer and/or physician.

Dairy: Top choices include skim (fat-free) milk, low-fat (1%) milk, buttermilk, plain fat-free (or low-fat) yogurt, fat-free (or low-fat) yogurt with fruit (no sugar added), fat-free (or low-fat) cottage cheese, and fat-free or low-fat ricotta cheese. Light soy milks and soy yogurts are also good choices. Avoid full-fat dairy products, such as whole milk and sauces made with heavy cream.

Vegetarian Protein: Excellent sources of vegetarian protein include beans, legumes, and a variety of soy foods. Many of these healthy proteins are also loaded with fiber, which aids your digestion and helps you feel full after eating.

Healthy Fats

On the Biggest Loser Diet, approximately 25 percent of your calories should come from fat. Each gram of fat contains 9 calories. Many of these fat calories will be hidden in your carbohydrate and protein food choices. You will have a small budget of leftover calo-

ries to spend on healthy fat and “extras.” Healthy fats include an occasional spray or splash of olive oil or canola oil for your salads or cooked dishes. It also includes healthy fats from small servings of nuts and seeds.

Extras

Many of the Biggest Losers like to allocate a small number (100 to 150) of calories each day for “extras.” Try to spend these on healthy food choices instead of candy or sweets. Your meals should mostly be made of whole foods, with less emphasis on “diet-food” substitutes.

HOW TO USE *THE BIGGEST LOSER COMPLETE CALORIE COUNTER*

The first thing you’ll need to know is, how big is a serving size? Weighing and measuring food is extremely important to calculate an accurate number of your daily calories. For this, you will need:

- A liquid measuring cup (2-cup capacity)
- A set of dry measuring cups (1 cup, $\frac{1}{2}$ cup, $\frac{1}{3}$ cup, and $\frac{1}{4}$ cup)
- Measuring spoons (1 tablespoon, 1 teaspoon, $\frac{1}{2}$ teaspoon, and $\frac{1}{4}$ teaspoon)
- Food scale
- Calculator

Be sure that your food scale measures grams. (A gram is very small, about $\frac{1}{28}$ ounce.) Most of your weight measurements will be in ounces, but certain foods, such as nuts, are very concentrated in calories, so a portion size will be much smaller. Food scales range in price from a few dollars to \$30 or more. Digital scales are often more accurate, but they tend to be a little more expensive. In the end, any scale that measures grams will do.

ABBREVIATION KEY

As you page through *The Biggest Loser Complete Calorie Counter*, you'll notice that we've abbreviated the nutrition information. Here are the most common abbreviations:

PRO: protein

SAT FAT: saturated fat

CARB: carbohydrates

SOD: sodium

Getting Started

If you like having your cereal in your favorite bowl each morning, measure $\frac{1}{2}$ cup (or your designated serving size) into the bowl. Then measure the milk in the liquid measuring cup and pour it on your cereal. Take a mental picture and remember how this looks. That way, you won't have to measure every single time. No more quart-size bowls of cereal; your food portions are now smaller, and soon, your clothes will be, too.

For consistency, weigh and measure your food *after* cooking. A food's weight can change dramatically when cooked. For example, 4 ounces of boneless skinless chicken breast has around 130 calories when raw. When it's cooked, it'll weigh closer to 3 ounces but will have nearly the same caloric content. The same holds true for vegetables and other cooked foods. Dry cereals or grains, on the other hand, can double or even triple in volume after being cooked with water.

After measuring all of your foods for a week or so, you'll be able to make fairly accurate estimates without having to measure everything each time you eat. Of course you'll always need to weigh and measure when trying a new food for the first time, so keep your measuring tools in a handy location. Over time, you'll know what's

just right for you, whether you're cooking a meal in your own kitchen or deciding how much of your entrée to eat in a restaurant—and how much of it to wrap up and take home! But in the beginning, you'll need a few tools so that you can get it just right.

If you're not accustomed to spending time in the kitchen, the following conversion table may be helpful for you.

CONVERSION TABLE FOR MEASURING PORTION SIZES

TEASPOON	TABLESPOON	CUPS	PINTS/QUARTS/ GALLONS	FLUID OUNCE	MILLILITER
¼ teaspoon					1 ml
½ teaspoon					2 ml
1 teaspoon	½ tablespoon				5 ml
3 teaspoons	1 tablespoon	⅙ cup		0.5 oz	15 ml
6 teaspoons	2 tablespoons	⅓ cup		1 oz	30 ml
12 teaspoons	4 tablespoons	½ cup		2 oz	60 ml
16 teaspoons	5⅓ tablespoons	⅔ cup		2.5 oz	75 ml
24 teaspoons	8 tablespoons	⅓ cup		4 oz	125 ml
32 teaspoons	10⅔ tablespoons	¾ cup		5 oz	150 ml
36 teaspoons	12 tablespoons	¾ cup		6 oz	175 ml
48 teaspoons	16 tablespoons	1 cup	½ pint	8 oz	237 ml
		2 cups	1 pint	16 oz	473 ml
		3 cups		24 oz	710 ml
		4 cups	1 quart	32 oz	946 ml
		8 cups	½ gallon	64 oz	
		16 cups	1 gallon	128 oz	

Remember that an ounce of *weight* is not the same as a *fluid* ounce. You cannot convert the two without knowing the density of the ingredient you are measuring.

Some of the foods in the lists in this book will provide calories based on a measured or cup amount. Others will provide calories based on weight, such as an ounce or more.

Your calculator will be indispensable for adding your daily calories in a hurry. But sometimes the portion size you desire may be different than the portion size provided in the food list. You may have to do a little multiplication or division to find the perfect fit. This is great practice for the real world because you will rarely find your ideal portion sizes when you dine out.

Food Journal

Keeping a food journal is paramount to a successful weight loss plan. It will help you identify the times that you eat certain things, allowing you to learn from your eating patterns. It is imperative to keep track of the number of calories you take in (and burn off through exercise) each day, especially when you're just getting started.

Buy a notebook and a pen just for this purpose. Keep them in your desk, your handbag, your backpack, or wherever is handy or most convenient for you. Take notes throughout the day, because it's easy to forget an unplanned snack or tasting. Find a routine, a favorite place, and a time to record in your journal. This is one of the biggest keys to your success. On the opposite page, we've included a sample format for a food journal. If you're feeling a bit more high-tech, go ahead and record your food intake on your computer. Just pick a method that's easy and convenient for you.

THE BIGGEST LOSER SAMPLE FOOD JOURNAL PAGE

DAY/DATE _____

	CALORIES	CARB (45%)	PRO (30%)	FAT (25%)
Sample Goal	1200	540	360	300

MEAL/TIME	FOOD	CALORIES	CARB	PRO	FAT
	Totals				
	Goal Totals				
	+ / -				

How to Read Labels

As you page through *The Biggest Loser Complete Calorie Counter*, you'll notice that some of your favorite packaged foods are missing from the food lists. That's because labels on packaged foods will provide all of the information you need.

Manufacturers are required to provide information on nutrients under a food label's "Nutrition Facts" panel. When you're shopping for healthy foods, labels can help you choose between similar products based on calories and certain nutrients (such as fat or protein).

Serving size: Serving size is the most important piece of information. Everything else on the label is based on the serving size. Some products (especially bottled sodas and beverages) may appear to be single-serving, but they can hold two or more servings; be sure to check carefully. Also, if a food label gives a serving size as 1 cup, that doesn't necessarily mean that it's the right serving size for your weight loss goals. Look at the calories and fat before you decide. If you need to, cut the serving size in half (or double it).

Nutrition Facts			
Serving Size			
Servings Per Container			
Amount Per Serving			
Calories 0	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 0g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	0g	0g
Sat Fat	Less than	0g	0g
Cholesterol	Less than	0mg	0mg
Sodium	Less than	0mg	0mg
Total Carbohydrate		0g	0g
Dietary Fiber		0g	0g

Calories: Before you record the number of calories on the label into your food journal, be sure it corresponds with your actual serving size. If the label says a serving is 1 cup and you're having 2 cups, double the calories you record in your food journal.

Reduced-calorie means the food contains at least 25 percent fewer calories than the regular version. *Low-calorie* means it has no more than 40 calories per serving (except sugar substitutes). *Calorie-free* means that a food has less than 5 calories per serving.

Fat: This number is determined by totaling the grams of saturated fat, polyunsaturated fat, and monounsaturated fat. *Reduced-fat* products have 25 percent less fat than the regular counterpart, *light* means a product has 50 percent less fat, *low-fat* means there are no more than 3 grams of fat per serving, and *fat-free* means that a product contains no more than a half gram of fat per serving. Pay special attention to the calories on lighter, reduced, low-fat, and fat-free products. When the fat is removed from many recipes, salt or sugar are sometimes added back to make sure there's still plenty of flavor. This can result in a fat-free or low-fat product that actually has *more* calories than the regular version. Be careful!

Saturated fat: Saturated fat is fat that is solid at room temperature. Most saturated fats are derived from animal products, though a few plant oils such as coconut and palm oil are also saturated. Examples of saturated fat include butter, chicken skin, visible fat on meats, lard, and shortening. Less than one-third of your daily fat grams should be from saturated fats, as the saturated fat from animal foods is the primary source of cholesterol in American diets.

Sodium: For most people, the daily recommendation for sodium is 2,400 milligrams. *Light in sodium* means this product has half the sodium of its counterparts.

Total carbohydrate: This number is calculated by totaling the grams of complex carbohydrates, fiber, and sugar. If the total carbohydrate is more than double the amount of sugars, that means there are more “good carbs,” which help tame your hunger.

Dietary fiber: Fiber is found in plant foods but not in animal foods. *High-fiber* means that one serving has at least 5 grams of dietary fiber. *Good source of fiber* means the food product has 2.5 to 4.9 grams of fiber per serving. *More fiber* or *added fiber* on the label means the product has at least 2.5 grams of fiber per serving. Unless you’re on a fiber-restricted diet, aim for at least 25 to 35 grams of fiber per day.

Sugar: The grams of sugar in a food can be naturally occurring, added, or both. Check the ingredient list to find out. The total grams of carbohydrate in a food serving should be more than twice the amount of sugar grams. *Reduced-sugar* means that a food contains at least 25 percent less sugar per serving than the regular version. Be careful with this because some products, such as cereals, sport this label because some of the sugar has been replaced with other carbs. The caloric content may be the same, so there isn’t necessarily a huge improvement. *Sugar-free* means there’s less than half a gram of sugar per serving.

Protein: If a food has more than 9 grams of protein per serving, it’s considered a high-protein food, and protein is key to your weight loss. Foods high in protein include cheese, dried beans and legumes, eggs, fish, meat, milk, nuts, poultry, soybeans, and yogurt.

Ingredient list: The ingredients are listed in order of decreasing weight in the food product. If the list begins with sugar (such as white sugar, corn syrup, or sucrose) or fats and oils, it's probably not a good product choice for the Biggest Loser Diet. Also, a shorter ingredient list often means the product is more natural. A long list of ingredients with a plethora of chemicals and preservatives is probably a good product to leave on the store's shelf.

TOP TWENTY LISTS

In order to give you a jump-start on your food choices, we've asked the Biggest Losers to share their favorite foods in various categories. Read on for some of their hard-earned advice!

Top 20 Low-Calorie Foods

1. **Mark Yesitis**—I always keep extra lean ground beef hamburger patties in the freezer to barbecue on the grill. There are only 33 calories per ounce (raw weight) with 6 grams of protein and 1 gram of fat.
2. **Suzy Preston**—My cupboards always have sugar-free, fat-free pudding snack cups and sugar-free gelatin snack cups—my favorite snack foods! Sometimes I stir in a little fat-free whipped topping.
3. **Lisa Andreone**—I keep whole wheat pita bread on hand so that I can bake my own chips to serve with hummus. I also love to spread frozen fat-free whipped topping on graham cracker squares! Yummy!

4. **Ryan Kelly**—I never get bored with snacking on grilled chicken or asparagus.
5. **Drea Baptiste**—String cheese sticks have only 50 calories, and they're great with a piece of fruit or a few veggie sticks for a last-minute or on-the-go snack.
6. **Ken Coleman**—I like to roll thinly sliced lean ham in lettuce leaves with a little mustard and onions.
7. **Dana DeSilvio**—Four ounces of fat-free vanilla yogurt with a few berries and a sprinkle of ground flax seed is my favorite low-cal snack, especially after a workout.
8. **Melony Samuel**—I love fat-free ricotta cheese; it doesn't taste low-cal. I like to put a couple spoonfuls on apple or pear slices and sprinkle it with sliced almonds and cinnamon.
9. **Scott Senti**—Salsa adds flavor to everything, and it has only 40 calories in ½ cup. I like to mix it half and half with fat-free cottage cheese, and sometimes I add extra Tabasco.
10. **Robert Lovane**—I keep a low-cal spinach dip in the fridge made from frozen chopped spinach, low-fat or fat-free cottage cheese, and lots of garlic and onion. It's great with veggies or whole wheat pita chips.
11. **Jennifer Eisenbarth**—Lean deli meat wrapped around blanched asparagus is fast, easy, and low-cal.
12. **Brian Starkey**—This would be my favorite even if it weren't low-cal—grilled chicken breast drizzled with balsamic vinegar.
13. **Heather Hansen**—Fat-free sour cream tastes rich and has a fraction of the calories of the real thing (and no fat). Just a spoonful here and there adds a lot to a dessert or to top cooked beans.

14. **Tiffany Flores Hernandez**—I love beans. Pinto beans with chopped onions and a little salsa or ketchup is my favorite low-cal snack.
15. **Amber Gross**—I love to wrap pickles with a thin slice of smoked turkey or lean deli ham for a quick snack.
16. **Rasha Spindel**—I usually have a few nuts and a small piece of fruit. Almonds and a pear is my favorite combination.
17. **Kelly McFarland**—I sometimes grab $\frac{1}{4}$ cup fat-free dressing and a couple cups of fresh veggies to dip: cauliflower, jicama, bell pepper strips—whatever’s on hand.
18. **Emily Senti**—I like the small single-serving cans of tuna. I mix it with salsa and fat-free cottage cheese for a quick snack.
19. **Nelson Potter**—Edamame (immature green soybeans) is my latest favorite snack. It takes a little longer to eat because you have to remove them from the pod. But $\frac{1}{4}$ cup of the shelled edamame has 50 calories, 4 grams of protein, and only 5 grams of carbs.
20. **Dave Fioravanti**—I like to bake corn chips from wedges of small corn tortillas. I usually have them with salsa and fat-free refried black beans.

Top 20 Evening Snacks

1. **Mark Yesitis**—I have given up so many of my favorite foods, but I just can’t live without chocolate. Hands down, my favorite snack is fat-free frozen fudge bars.
2. **Lisa Andreone**—Sugar-free hot chocolate (the 25-calorie kind) made with water and a dollop of fat-free whipped topping (5 calorie kind) or carrot sticks with hummus.

3. **Al Stephens**—I love sandwiches. I make a wrap with a small low-carb tortilla. Sometimes I just use lettuce, tomato, and hummus. Other times I have a little leftover grilled chicken with spicy mustard.
4. **Ruben Hernandez**—I have finally learned to satisfy my sweet tooth with fruit instead of rich desserts and pastries. Apple slices with low-fat peanut butter or fresh berries with fat-free whipped topping are my favorite satisfying snacks.
5. **Suzy Preston**—If you know the evening is when you usually binge, save your calories for that time. Make them work for you and don't fight it all day. I save up for the evening and have air-popped popcorn with low-cal butter spray. I always have precut veggies ready for my "snacky" moments.
6. **Ryan Kelly**—Low-fat popcorn is my favorite anytime snack.
7. **Ruben Hernandez**—I never thought nuts could be part of a weight loss plan. My favorite guilt-free snacks are low-fat or fat-free yogurt with just a few unsalted cashews or almonds, or a piece of fresh fruit and unsalted nuts.
8. **Lisa Andreone**—For my snacks, I always combine a carbohydrate and a protein, such as peanuts, almonds, or cashews and a piece of fruit or turkey slices and low-fat yogurt.
9. **Ryan Kelly**—The only time I really have cravings is at night. I have to have something sweet. I love fresh fruit, but I can't live without sugar-free chocolate Popsicles.
10. **Shannon Mullen**—Frozen fruit is a refreshing snack (and easy to prepare if you think ahead). Frozen grapes and bananas are my favorites. They're great to have on hand when that sweet tooth strikes.

11. **Stacie Farr**—My favorite nighttime snack is Parmesan popcorn—2 cups air-popped popcorn sprinkled with ¼ teaspoon garlic salt and 2 teaspoons Parmesan cheese—only 80 calories.
12. **Amy Hildreth**—I make a mini-sandwich with a high-fiber cracker and a wedge of light cheese—only 60 calories.
13. **Marty Wolf**—I like to make a smoothie with ¼ cup vanilla soy milk, fresh strawberries or blueberries, and a spoonful of fat-free vanilla yogurt.
14. **Tiffany Flores Hernandez**—I have a weakness for peanut butter. I spread a tablespoon on celery sticks for a filling evening snack.
15. **Jessica Lanham**—Sometimes I have grilled veggies left over from dinner. I like to wrap sliced turkey or a little smoked salmon around a piece of grilled asparagus or roasted bell pepper.
16. **Matt Kamont**—When it's cold out, I like to make a small bowl of oatmeal. I usually have vanilla yogurt and a few chopped pecans with it.
17. **Kai Hibbard Martin**—I like to make a mini quesadilla with a small high-fiber tortilla and low-fat mozzarella or Cheddar.
18. **Amy Tofanelli**—I try to have a cup of herbal tea at night when I get hungry. My nighttime snack is usually fat-free or low-fat yogurt of some sort, topped with a few fresh berries.
19. **Jeff Levine**—I like to have a little smoked salmon on a whole grain rye cracker. Sometimes I add mustard or horseradish.
20. **Tami Bastian**—I like to have a cup of miso soup. If I'm extra hungry, I add a little bit of diced tofu.

Top 20 Low-Cal Desserts to Die For

1. **Steve Tofanelli**—I fill a wine glass with mostly berries, a little fat-free ricotta cheese, and a crumbled amaretto cookie on top.
2. **Ryan Benson**—Skinny Cow brand ice-cream sandwiches are delicious and only 130 calories.
3. **Mark Yesitis**—Sugar-free pudding snack cups are only 60 calories. Mmm!
4. **Lisa Andreone**—A really great dessert is sugar-free hot chocolate (the 25-calorie kind) with a dollop of fat-free whipped topping (the 5-calorie kind).
5. **Ryan Kelly**—I love a sandwich of fat-free chocolate graham crackers with sugar-free whipped topping in the middle. Put your sandwich in the freezer for about 1 hour, and it will taste just like an ice-cream sandwich with hardly any calories!
6. **Heather Hansen**—I call it my apple treat: I core half of an unpeeled apple and put it into a small microwavable bowl. I cover it with plastic wrap and microwave it for a couple minutes and then drizzle it with sugar-free maple syrup and a sprinkling of cinnamon. Sometimes I also add a dollop of fat-free vanilla yogurt.
7. **Kathryn Murphy**—I like to stir a teaspoon or two of peanut butter into a sugar-free, fat-free chocolate pudding cup. It tastes just like a peanut butter cup!
8. **Kai Hibbard Martin**—I love a bowl of sliced fresh strawberries with vanilla soymilk. Sometimes I add a little Splenda for extra sweetness.
9. **Susan Tofanelli**—When I have extra ripe bananas on hand, I peel them, cut them into 1-inch pieces, and freeze them. I

blend the frozen chunks in a food processor or blender, sometimes adding a little water and maybe a drop of vanilla extract. It's really creamy and tastes rich like ice cream. I figure $\frac{1}{2}$ cup probably has about 50 calories and no fat.

10. **Tina Meyers**—I like having melon because I can have a bigger serving size than some other fruits. Frozen yogurt goes well with it, but sometimes I just have plain melon with a little fresh mint and a few sliced almonds sprinkled on top.
11. **Suzanne Mendonca**—I like to spread a graham cracker square with fat-free cream cheese. I usually put fruit spread or fresh berries on top of it.
12. **Tammy Senti**—If there's extra coffee in the kitchen, I'll ice a glass of decaf with a little scoop of fat-free vanilla frozen yogurt, with nutmeg or cocoa powder on top. It's more like a dessert than a drink.
13. **Edwin Chapman**—I like to make homemade rocky road by topping sugar-free chocolate ice cream with a couple of miniature marshmallows and a few chopped pecans.
14. **Gary Deckman**—I make "croutons" of toasted angel food cake. I put a few in a glass with diced fruit and a spoonful of fat-free frozen yogurt or sugar-free ice cream and a drizzle of chocolate sauce.
15. **Nick Keeler**—My weakness is sugar-free raspberry sorbet. I like it with tangerine or orange slices and top it with a few almonds.
16. **Lael Dandan**—I like fat-free vanilla or strawberry frozen yogurt with fresh blueberries.

17. **Toniann “Toni” Sapienza**—I buy the super jumbo fresh strawberries and dip them into a few tablespoons of fat-free chocolate sauce.
18. **Steve Rothermel**—I like to grill fruit on kebabs; sometimes cantaloupe, honeydew, or a little pineapple in chunks on skewers. If it’s a special occasion, I have a little sugar-free ice cream with it.
19. **Ruben Hernandez**—A pudding parfait is one of my favorite dessert recipes. I layer sugar-free, fat-free chocolate pudding with fresh blueberries, raspberries, unsalted pistachios, and fat-free whipped cream . . . yum!
20. **Kelly Minner**—I like poached pears with a little honey and chopped pecans.

Top 20 Dining Out Tips

1. **Ruben Hernandez**—Request all sauces and dressings on the side, and then use them sparingly. Order nothing fried; food should be steamed or grilled only. Avoid restaurants that are “all you can eat” or are known for their large portions.
2. **Ryan Benson**—Know the restaurant you’re going to so you can plan what you will eat. Don’t let what other people are ordering sway you or change your plans.
3. **Suzu Preston**—I stick with the salads, always with dressing on the side. Don’t feel bad about being picky. Ask the restaurant to leave off things you don’t want and pick off all the other foods you know aren’t good for you. Have it made your way!

4. **Lisa Andreone**—Tell the server, “no bread.” If you are with friends who want bread, ask the server to bring you a salad (with the dressing on the side) when he brings the bread, so you have something to munch on. If you *have* to eat a piece of lasagna (and it seems to be calling your name) just order it. When it arrives, cut it in half, and put the other half in a to-go box. If they have a kid-size lasagna, order that and you can eat the whole thing!
5. **Mark Yesitis**—Be a pain and have it your way; count your calories. Use Splenda or low-calorie sweetener.
6. **Ryan Kelly**—Plan ahead. Pick out what you’ll eat prior to arrival and then stay focused. If you waver on your choices, you’ll be more likely to pick things that are tempting and fattening. Don’t pick your food on a whim!
7. **Rosalinda Guadarrama**—When going out for your favorite coffee drink, be sure to request fat-free milk and no whipped cream. This will drastically cut fat and calories. Also, some coffee bars make hot beverages in smaller sizes than what’s listed on the menu. Ask for an 8-ounce size, which is sometimes called “short.”
8. **Maurice “Mo” Walker**—Have a low-fat, high-fiber snack (such as fruit and yogurt or raw veggies) before you go out, to avoid feeling too hungry and to prevent the temptation of overeating once you get there.
9. **Nelson Potter**—Don’t be afraid to ask your server questions about the food. How is it prepared? What are the ingredients used? Are there substitutions available?

10. **Andrea Overstreet**—Avoid added fat and ask for skin to be removed on chicken or turkey. Also ask for steamed, baked, broiled, boiled, or poached food instead of creamed, fried, sautéed, or breaded. Always ask for no added fat or oil.
11. **Jen Kersey**—Carry packets of fat-free or low-fat salad dressing with you in case you wind up somewhere that only has regular (full-fat) choices.
12. **Lizzeth Davalos**—Whether it's dinner or lunch, try to be sure that your plate is half veggies (and fruit).
13. **Shaun Muha**—I eat my calories (instead of drinking them). I usually order water or unsweetened iced tea to drink—no calories there!
14. **Sarah Eberwein**—If I have soup, it's always brothy and much lower in calories than the creamy ones. (Plus vegetable soup counts as a vegetable!) I've learned to love mustards, and I never use mayonnaise anymore.
15. **Pete Thomas**—I know it's not always an option, but when I have the choice, I try to choose a restaurant within walking distance from work or home. Sneaking in a miniworkout before and after dinner can only be good.
16. **Jennifer Eisenbarth**—I drink a full glass of water before ordering. It's kind of like grocery shopping on a full stomach. You'll wind up ordering something your body needs instead of what your mouth wants.
17. **Bobby Moore**—When I go out for Mexican food, I order a small portion of fajitas without tortillas. I pass on the sour cream and guacamole and have chicken, lots of veggies, and fresh salsa.

18. **Dave Fioravanti**—If the main course doesn't come with veggies, I order a side of steamed veggies, but no starch.
19. **Melinda Suttle**—If I know in advance that I'm going out for dinner, it really makes me stick to my planned meal and snack schedule for the rest of the day.
20. **Ken Coleman**—Stay home and cook! You don't have to worry about hidden calories and fat, you can put just the right amount on your plate and have it your way every time.