



**FREE APP**  
iPhone &  
Android

✓ Type 2 Diabetes

✓ Weight Loss

✓ 5:2 Diet

# HOW TO SAVE 100 CALORIES

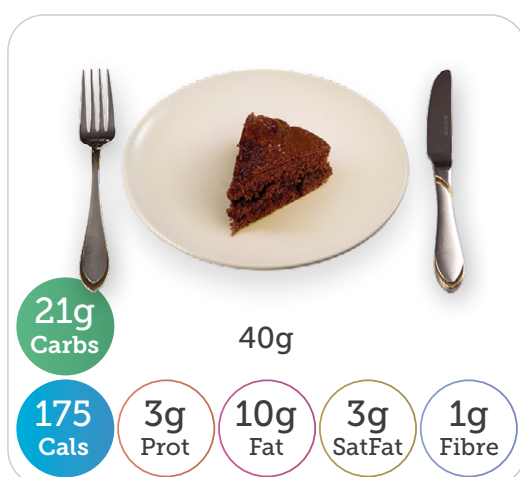
Losing weight slowly and steadily is beneficial in the long term, as rapid weight loss has been shown to be unsustainable and may even be dangerous to health. Making changes in the long term is easier if you set realistic targets and try to make one small change at a time.

A realistic goal is losing ½ kg to 1 kg (1 to 2 lb) per week.

Even saving 100 calories per day could lead to steady weight loss.

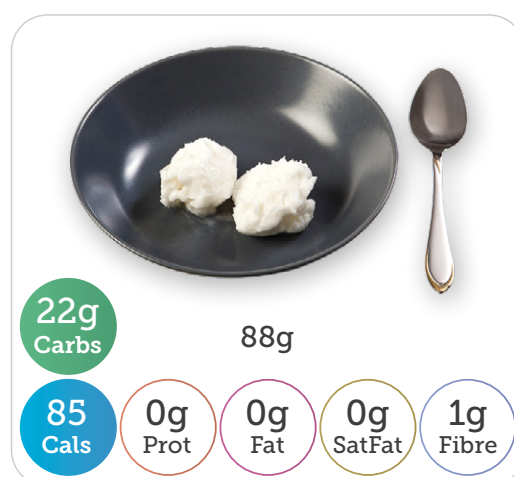
Here are some handy examples of how you could save 100 calories by choosing a lower-calorie option.

## Chocolate Cake



swap  
to →

## Lemon Sorbet



## Strawberry Milkshake (powder & semi-skimmed milk)



32g Carbs  
284ml, half pint  
213 Cals  
10g Prot  
5g Fat  
3g SatFat  
0g Fibre

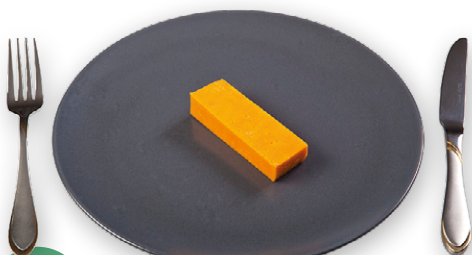
swap  
to →

## Grapes



24g Carbs  
160g  
99 Cals  
1g Prot  
0g Fat  
0g SatFat  
2g Fibre  
1 5-a-day

## Red Leicester



0g Carbs  
50g  
202 Cals  
13g Prot  
17g Fat  
11g SatFat  
0g Fibre

swap  
to →

## Cottage Cheese



3g Carbs  
100g  
103 Cals  
9g Prot  
6g Fat  
3g SatFat  
0g Fibre

## Peanuts (roasted)



2g Carbs  
30g  
181 Cals  
7g Prot  
16g Fat  
3g SatFat  
2g Fibre

swap  
to →

## Banana



17g Carbs  
130g (with skin)  
69 Cals  
1g Prot  
0g Fat  
0g SatFat  
1g Fibre  
1 5-a-day

## Macaroni Cheese



swap  
to →

## Chicken Fajita

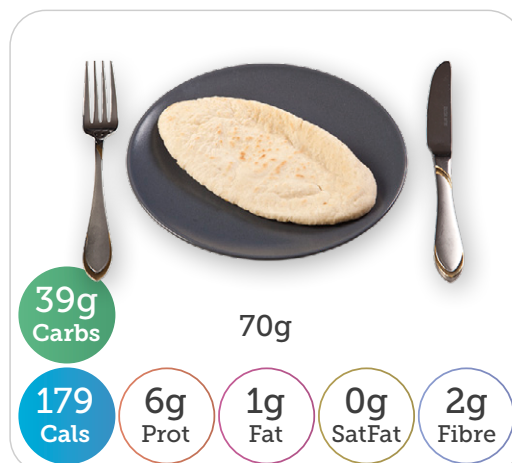


## Panini

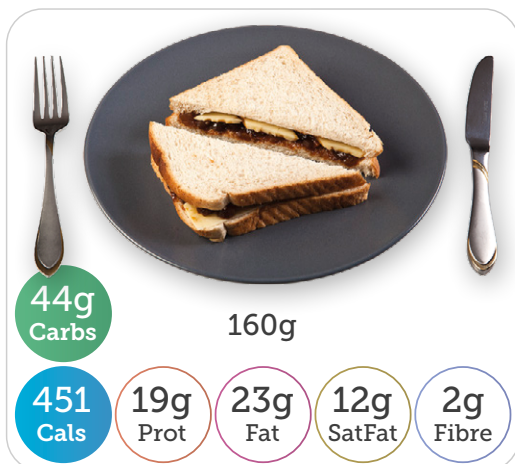


swap  
to →

## Pitta Bread



## Cheese & Pickle Sandwich



swap  
to →

## Chicken Salad Sandwich

