

# 10 Simple Calorie-Cutting Tips



BlueCross BlueShield  
of Mississippi

It's good to be Blue.

**Small changes can add up to big results! Try these easy calorie-cutting tips below:**

1. Add more veggies to your meals.
2. Use a smaller plate and cup.
3. Trim the fat off your steak or pork.
4. Eat a little slower.
5. Opt for a small instead of a large.
6. Replace at least 1 regular soda with water instead.
7. Ask for sauces and dressings on the side.
8. Switch to fat-free or 1% milk.
9. Leave off the cheese.
10. Use canola oil cooking spray instead of butter.