

# Calorie Considerations

## Let's talk calories!

Every bite determines how you choose to fuel your body with the energy it needs. Taste and satisfaction do not have to be emitted from your diet. Choosing calorie-smart options will help you find a balance while leaving you feeling satisfied!

There are smart moves to reduce calorie intake. Here are simple swaps to help you reduce unnecessary calories while still being able to enjoy delicious meals and snack. Small swaps add up even by making one or two changes a day can save hundreds over a week! Check out some examples below!

### To reduce calories from beverages:

Regular Soda	→	Sparkling Water
Creamy Coffee Drinks	→	Coffee w/ Skim Milk

### To cut fat or sugar from snacks:

Fried Potato Chips	→	Air-Popped Popcorn
Candy Bar	→	Trail Mix or Fresh Berries

### To lighten up meals:

White Rice	→	Cauliflower Rice or Quinoa
Alfredo Pasta	→	Marinara Pasta or Zoodles