



live life well.



TIP OF THE WEEK

Smart Substitutions Calorie Chart

Instead Of:	Try:	Calories Saved (One Serving)
mayonnaise (1 tsp)	mustard	54
New England clam chowder	Manhattan clam chowder	60
soft drink (1 can)	water	100
cream of chicken soup	chicken noodle soup	140
guacamole	salsa	46
buttered popcorn (1 cup)	airpopped popcorn	108
regular potato chips (1 oz)	baked potato chips	90
potato chips (1 oz.)	unbuttered popcorn	60
pudding (1 cup)	sugar free applesauce	108
ice cream (1/2 cup)	non-fat frozen yogurt	153
cream (1 cup)	evaporated milk	300
whole milk (1 cup)	skim milk	60
nachos w/ the works	tortilla chips & salsa	414
fettuccine alfredo (16 oz)	spaghetti w/ tomato sauce	426
veggie pizza (2 slices)	no-cheese veggie pizza	314
chocolate (1 cup)	cocoa	492
bagel w/ cream cheese (1 tbsp)	apple slices w/ peanut butter	119
ranch salad dressing (2 tbsp)	raspberry vinaigrette	68
ground beef (4 oz.)	ground turkey	132
hollandaise sauce (1 cup)	white wine sauce	160
chocolate chip cookies (5)	vanilla wafers	200
5th Avenue candy bar	fig bar (3)	115
cinnamon Pop Tart (2)	large graham crackers (4)	140
carrot cake (3 oz.)	gingerbread	51
peking/hoisin sauce (3 oz.)	oyster sauce	99
flaked coconut (1 cup)	diced pineapple	265

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