

Cutting cut away the rind until a

[Economics](#), [Budget](#)



Cutting Calories is Easier With These Food Tips and Tricks Cutting calories is an essential part of any weight-loss program — after all, it's not difficult to out-eat even the most rigorous workout program. The lower calorie count isn't the only problem. When you're accustomed to snacking regularly and eating until you're full, constant restraint can cause significant mental stress.

With these food tips, you can feel indulgent without killing your calorie budget. Load Up on Spinach Feeling satisfied can be a challenge when you're trying to lose weight. Bulk is half the battle; the more food you eat, the fuller you feel. The trouble is, bigger portions often lead to more calories. Spinach, at just 7 calories per cup, is a great solution. Instead of eating three scrambled eggs for a calorie count of 210, switch things up.

Saute 4 cups of spinach, move it to the side of the pan, and add in two eggs and two egg whites. When the eggs are nearly cooked, mix them with the spinach. The result fills a large dinner plate and comes in at less than 200 calories.

For extra color, flavor, and volume, toss in a diced tomato, sliced mushrooms, chopped zucchini or bell peppers. You'll walk away from the table feeling stuffed, and your daily calorie goal won't suffer. Buy a Watermelon If calorie restriction leaves you craving sugar and sweet desserts, reach for watermelon instead. A cup of diced watermelon contains approximately 47 calories, almost the same as a single Oreo cookie. The high water content leaves you feeling full, and the natural sugars can satisfy a sweet tooth. The trick to turning the watermelon into a weight-loss tool, however, is finding the right serving size and cutting style.

When you're feeling deprived of your favorite snacking habits and large portions, a single wedge isn't going to cut it. Remove a thick slice from the watermelon, and cut away the rind until a large circle of fruit remains. Make a series of parallel cuts across the circle, forming many long, thin slices. Then, make a single perpendicular cut to halve the slices.

These small, thin pieces take longer to eat, and the extra crunch increases satisfaction. For the biggest impact, leave 300 calories in your daily budget for a 6-cup serving; it will give you the same pleasantly full feeling a more indulgent snack would, which can help dramatically with the mental aspect of calorie restriction. Reach for Halo Top When you're accustomed to ultra-sugary desserts, fruit doesn't always cut it. Over time, your restraint can ebb away, leaving you more prone to binges that wipe out all of your hard work in one fell swoop. On days when you can't stop thinking about destroying an entire box of doughnuts, do yourself a favor and reach for Halo Top ice cream instead.

Unlike other "diet" frozen desserts (e. g., Arctic Zero), Halo Top has the same intense sweetness of traditional ice cream, thanks to its calorie-free sugar alcohol sweeteners. It's also high in protein, with 20 grams per pint, so you stay fuller for longer. Best of all, an entire pint will set you back just 240 to 360 calories, depending on the flavor. Compare that to Haagen Dazs or Ben & Jerry's, which usually contain 1,000 calories or more per pint. While it's not an everyday treat, Halo Top can be a calorie-cutting life saver.

Pickles If you're missing chips, crackers, and other salty, high-calorie snacks, pickles can help you get through. One whole pickle contains approximately

15 calories and a satisfying salty punch, so you can eat them without breaking the calorie bank. If you're concerned about salt, cover sliced cucumbers with white vinegar and pop them in the fridge for guilt-free snacking. One full cucumber contains fewer than 50 calories, and the vinegar adds a pleasantly sour punch without the sodium.

Sparkling Water Soda is a pressing concern for many calorie-cutters. Diet soda is an option, but for some people, the sweet taste without the calories leads to intense hunger later in the day. Sparkling water is a great solution. The bubbles fill you up, which can take the edge off of cravings or hunger.

The carbonation provides the same refreshing feeling as soda, and since the water contains no calories or artificial sweeteners, you can drink as much as you want. One tip: go easy if you plan to wear something form-fitting, as the bubbles can cause bloating. Cutting calories is rarely easy, but it's a crucial step on the road to weight loss. With the right snacks and smart food tricks, you can lower your daily totals without feeling hungry or deprived.