10 easy ways to cut down 500 calories in a day

No matter your diet, you must do workouts and exercise daily to lose weight and cut calories. For most overweight people, cutting about 500 calories in a single day is a good task to start.

Eating less than 500 calories a day will surely lose about 1 pound (450 g) weekly. Always meet with your healthcare provider to decide on a healthy weight before starting a weight-loss diet, and can cut calories daily.

# HOW TO CUT CALORIES A DAY:

Try these 10 ways suggested by experts and trainers to cut down 500 calories daily.

## **CHECK YOUR SNACK**.

Many people look for some snacks in between meals. Snacking is good when you find the right that will contain less amount of calories. The key point is to get healthy snacks when you feel hungry.

Instead of an 85 g packet of flavored chips with 425 calories, choose a cup (250 mg) of fresh popcorn with only 31 calories, some cheese low in fats, or a small apple. Choosing a healthy snack 2 times a day will easily reduce 500 calories.

## **REMOVE A HIGH-CALORIE DIET**.

Try to cut 1 diet that is high in calories daily. Like if it is a donut in the morning, a brownie or packet of chips for lunch, or a chocolate cake after dinner, you will save or cut about 250 to 350 calories or more. To burn other 150 calories, take a 40-minute normal walk after lunch or dinner.

## CUT CALORIES FROM DRINKS.

One regular soda ( about 355 mL) has about 150 calories, and a 475 mL flavored latte has about 250 calories or more. Fruit smoothies also have many calories, as many as 400 in 475 mL per glass or serving. Two cups of sweet drinks daily can easily cut calories by more than 500.

Choose plain water, flavored water, or tea or black, and cut calories for foods that will help you feel full.

## **SKIP THE SECOND SERVING OF DIET**.

Taking a second plate or serving can add up to many unwanted calories. It is very easy to fill your plate when you serve food to the family on the table.

But try to fill your plate only once and keep extras in the kitchen. Or, if you still feel unsatisfied or in need of 2nd serving, add a second plate of vegetables, fruit, or salad.

## **USE LOW-CALORIE MATERIAL.**

Try to achieve lower-calorie food or some of your favorite high-calorie diets. For example, if a recipe demands a cup (250 mL) of sour cream containing 444 calories, use plain yogurt low in fat or Greek yogurt with only 154 calories.

## **ASK FOR A FOOD PARCEL**.

The calorie portions at most restaurants are much larger than the recommended serving size. So, Instead of cleaning your whole plate, ask the waiter to pack the remaining half in a container for you to take home instead of another meal.

You can also share this with a friend or make it a snack before a meal. Just be sure to ignore fried foot. That is high in calories.

## IGNORE FRIED FOOD.

Fried food adds a lot of saturated fats and unhealthy calories to the dish. So, choose grilled or boiled meat or food instead of fried fish or chicken. And ignore the French fries.

A large serving or packet of fried French fries alone can add up to 500 calories to the meal. Instead, see if you can replace it with the day's vegetable or a salad.

## EAT A THINNER PIZZA.

Skip all the toppings like the extra cheese, meat toppings, and deep-dish crust, and have some slices of thin-crust vegetable pizza. You will cut over 500 calories by this.

## USE THE PLATE FOR SERVING.

Eat your food from only 1 plate or bowl, including your snacks. When you take your snack out of the bag or box, it will become easy to eat rather than eating it inside the packet. If you sit in front of the TV and eat it, this will surprise you.

You will be surprised that a large bag of chips may contain more than 1000 calories. So, put one portion in a bowl, and place the rest away.

## AVOID THE ALCOHOL.

Depending on Alcohol is an easy way for most people to cut calories. Usually, Alcohol does not have any nutritional value, so when you drink Alcohol, you will get empty calories, about 500 calories for a few mixed drinks made with artificial sweeteners, ice cream, and fruit juice.

If you order a drink, choose about 355 mL of light beer containing 103 calories or a serving of 145 mL glass of wine containing only 120 calories. It will surely help you to cut your calories.

## CONCLUSION :

Cutting about 500 calories in a single day is a relatively easy task. You must follow the abovementioned guidelines and the steps to cut about 500 calories daily.

Avoid fried food and eat food low in calories. Do some work, and surely you will cut calories successfully.

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