

# 10 Easy Calorie Substitutes For Dieters

**By:** EXZ Orders Inc.

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Whether you're on a diet or just trying to shed a few pounds, it's probably likely that you've tried just about every diet out there. The media has made fad diets and crazy, complicated exercise equipment all the rage for people who are searching to find the magic key to losing weight. The truth of the matter is that not everyone can lose weight in the same way. But no matter what method you choose, there is one fact that cannot be denied: In order to shed pounds, you MUST take in fewer calories than you burn or use every day. If you choose to use the Atkins Diet, the South Beach Diet, Weight Watchers, or any of the other popular diets, you will still need to keep an eye on your calories, since this is how we gain weight.

Studies have shown that high protein and fiber rich diets are good for you, and they can definitely help you lose weight. But foods like this often lead people to be tempted to use heavy creams, sauces, and butter which contain high amounts of calories. In between meals, we often crave a snack to keep us going. While there's certainly nothing wrong with snacking, we should try to make smarter choices so we don't give in and eat a bag full of chips or a candy bar. Using calorie substitutes, we can

decide to eat much better, which reflects on other aspects of our lives as well.

It can be very difficult to lose weight when we live in a world full of fast food restaurants Starbucks, and pizza delivery. Most Americans feel that they can eat whatever they like and as much as they like without suffering the consequences. However, some people really do feel the impact of eating food that is chock full of fat and calories. One of those consequences is gaining weight, but even more importantly is the decline in health that many will experience. Bad food choices are a major source for diabetes and heart disease. By being more conscious and by making smarter eating decisions, you can lose weight, feel better, and take care of your overall health.

Even if you think you're doing well with watching what you eat, the truth of the matter is that you can most likely still make smarter choices. There are some easy food substitutes you can use to get rid of the fatty, high calorie snacks, and replace them with healthier snacks that are much lower in calories. Baking and even salads can be healthier and lower in calories with a few easy substitutions. By combining a diet that is both low in fat and in calories, you can lose those pounds. Remember, changing your eating habits is more than just a diet: it is a change in lifestyle. You can easily make smart choices and stick with them for the rest of your life, so you will always eat healthier.

One of the biggest pitfalls or hurdles in dieting is resisting cravings. Some people know what they are NOT supposed to eat, but it can be even more difficult to know what to eat in its place. By making smart choices and eating healthier foods in place of junk food or calorie crammed convenience foods, you will notice a boost in energy and weight loss. Your skin will look better, and you will sleep better as well. The human body notices when changes are taking place, and in the case of diet, it can have a huge impact.

Perhaps one of the best and most important things you can do to make better food choices is to keep a diary or log of what you eat

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