

## Calorie Saving Grocery List

Next time you're at the grocery store, buy the low-fat versions and cut calories without sacrificing flavor!



You Use	Calories	Switch To	Save
Regular sour cream	65	Low-fat sour cream Fat-free sour cream	21 calories 36 calories per 2 tbsp.
Regular cream cheese	51	Low-fat cream cheese Fat-free cream cheese	16 calories 37 calories per tbsp.
Regular margarine	100	Reduced calorie margarine	50 calories per tbsp.
Italian dressing	43	Fat-free Italian dressing	36 calories per tbsp.
Whole eggs	78	Eggbeaters Egg Whites	48 calories 61 calories
Regular ground beef	238	90% Lean ground beef Lean ground turkey	36 calories 98 calories per ¼ pound
Whole milk	146	2% milk 1% milk Skim milk	24 calories 44 calories 63 calories per cup
Chicken (with skin)	191	Chicken (no skin)	50 calories
Regular Ice Cream	267	Low-fat ice cream	38 calories per cup
Regular mayonnaise	99	Low calorie mayonnaise	63 calories per tbsp.
¼ cup Regular cheddar cheese	114	¼ cup reduced fat cheddar cheese	66 calories