

Cut back the Kilojoules

provided by Jumpstart OutdoorTraining

Do you know that if you eliminate just 500kJ from your daily intake that you will be at least 1/2 kg lighter in a month's time and up to a kilo lighter if you eliminate 1000kJ? Here are some simple ways to drop a few extra kJ each day and some kilos as a result:

-500kJ

Swap your large coffee to a small size

Replace half your meat at dinner with vegetables or salad

Cut out your glass of fruit juice

Swap your afternoon snack for a carrot

Swap ice cream after dinner for a mini ice cream

Swap a banana for berries

Replace 10 rice crackers with vegetable sticks

Halve your mornings serve of cereal

Have 1 slice of bread for lunch instead of 2

Have 100g of yoghurt instead of 200g

-1000kJ

Swap your pasta or rice at dinner for a soup

Swap a large coffee for a tea

Try not to snack in between meals except for 10 almonds + 1 fruit

Use spray oil for cooking instead of pouring it

Make a salad for lunch instead of a sandwich

Don't add cheese or avocado to your salad

Order an entrée serve rather than a main sized serve

Replace 50g chocolate or rich ice cream with a Jarrah hot chocolate

Swap cereal and a banana for an Up & Go for breakfast

Swap 25 lollies from the jar for a carrot or red capsicum