



Can you spare a hundred?

While extra calories put on weight over time, regularly taking away just 100 calories a day can go a long way to help whittle your middle.

Did you know that losing excess pounds may reduce your risk of developing the following conditions?

- High blood pressure
- Cardiovascular disease and stroke
- Diabetes
- Cancer
- Sleep apnea
- Osteoarthritis

Calories can be sneaky, and many of us don't know their hiding places – until they show up on our waists. Try these painless ideas to slash hidden calories each day:

- Follow low-fat directions on the box when baking desserts
- Try a low-calorie frozen yogurt or sherbet
- Eat just one granola bar from the package rather than both
- Have one less handful of mixed nuts
- Drink water or sugar-free, flavored sparkling water instead of soda

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- Skim the fat from soups, stews and sauces
- Reduce the oil in your recipes by one tablespoon
- Leave three or four bites on your plate
- Eat slowly to decrease your urge to get seconds

If you're a Blue Cross and Blue Shield member, a weight management program may be available to you at no additional cost to help you reach your goals. Call the customer service number on the back of your ID card for more information.



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