

Simple changes reduce calories, not enjoyment.

These examples demonstrate how shifting to slightly smaller portions, healthier cooking methods or leaner/lighter ingredients lets guests benefit from reduced calorie counts while continuing to enjoy their favorite menu items.

The actual amount of calories you save may be more or less than those listed below depending on your specific ingredients and recipes.



Seductive Nutrition

“Before” Dishes	“Before” Calories	“After” Dishes	“After” Calories	CALORIE SAVINGS
Right-Sized Portions				
Clam chowder (12 fl. oz.)	300	Clam chowder (8 fl. oz.)	200	100
Crab cake (6 oz.)	264	Crab cake (4 oz.)	176	88
Buffalo wings (10 pieces)	550	Buffalo wings (8 pieces)	440	110
Sirloin steak (9 oz.)	472	Sirloin steak (7 oz.)	367	105
Strip steak (12 oz.)	762	Strip steak (10 oz.)	635	127
Rib-eye steak (20 oz.)	913	Rib-eye steak (16 oz.)	730	183
Large baked potato (about 4 inches, 3 Tbsp. sour cream)	360	Medium baked potato (about 3 inches, 2 Tbsp. sour cream)	214	146
Au gratin potatoes (1 cup)	323	Au gratin potatoes (3/4 cup)	243	80
Cashew chicken (15 oz.) over white rice (1 cup)	804	Cashew chicken (12 oz.) over white rice (3/4 cup)	627	177
Healthier Cooking Methods				
Fried chicken plate (breast, wing, leg, thigh)	844	Roasted chicken plate (breast, wing, leg, thigh)	724	120
Breaded and fried pork chop (7 oz.)	567	Grilled pork chop (7 oz.)	384	183
Fried fish and chips (5 oz., medium)	661	Grilled fish and oven baked chips (5 oz., medium)	287	374
French fries (large)	454	Oven-baked fries (large)	226	228
Fried calamari (8 oz.)	397	Grilled calamari (8 oz.)	314	83
Leaner Meats and Cheeses				
Meatloaf with ground beef (6-oz. slice)	447	Meatloaf with ground turkey (6-oz. slice)	345	102
Gourmet hamburger (6 oz., 25% fat)	527	Gourmet hamburger (6 oz., 10% fat)	444	83
Spaghetti and meatballs (20 oz.)	646	Spaghetti and turkey meatballs (20 oz.)	578	68
Grilled cheese sandwich (3 oz. cheddar cheese)	575	Grilled cheese sandwich (3 oz. reduced-fat cheddar cheese)	472	103
Sub sandwich (1 oz. salami, 1 oz. ham, 1 oz. cheese)	467	Sub sandwich (2 oz. ham, 1 oz. cheese)	388	79
Lighter Ingredients				
Tuna sandwich with real mayonnaise (1 sandwich)	462	Tuna sandwich with light mayonnaise (1 sandwich)	352	110
Fettuccine Alfredo (3 cups)	760	Fettuccine with broccoli and olive oil (3 cups)	625	135
Ravioli in pesto cream sauce (2 cups)	552	Ravioli in tomato basil sauce (2 cups)	466	86
Dinner salad with ranch dressing (1.5 fl. oz.)	140	Dinner salad with light ranch dressing (1.5 fl. oz.)	88	52
Potato salad with real mayonnaise (1 cup)	278	Potato salad with light mayonnaise (1 cup)	168	110
Creamed spinach (6 oz.)	244	Sautéed spinach (6 oz.)	92	152
Asparagus with lemon vinaigrette (10 spears, 2 Tbsp.)	163	Asparagus with lemon (10 spears, 1 slice)	43	120
Coleslaw with real mayonnaise (3/4 cup)	278	Coleslaw with light mayonnaise (3/4 cup)	141	137
Mashed potatoes with butter and milk (1 cup)	237	Roasted potatoes tossed in olive oil (1 cup)	144	93

