

Avoiding 'empty calories' can help you achieve and maintain a healthy weight without feeling like you are "on a diet". An empty calorie is a calorie from added sugar or fat that has little or no nutritional value. Meaning: no vitamins and minerals.

There are ways to avoid empty calories. For example, 1 cup of vanilla ice cream contains a lot of empty calories: 250. (Remember the added sugar and fat?) If you choose 1 cup of frozen yogurt instead, you will consume less empty calories: 119. If you go one step further and consume 1 cup of banana 'Nice Cream' you will consume 105 calories of nutrient-filled goodness.

Here are some replacement foods and drinks:

- Sugar-sweetened drinks (soda, coffee, energy drinks) - Water, flavored sparkling water
- Whole milk and dairy products - Fat free or 1% milk products
- High fat meats, ie beef, pork, luncheon meats - low-fat ground beef/turkey, skinless chicken
- Sugary baked goods and treats -Fruit, low-fat yogurt, treats made with less sugar
- Chips, crackers, fried foods - Baked chips, air-popped popcorn.
- White breads made with refined flour - Breads made with whole or sprouted grain.



Try this delicious [Banana Ice Cream](#) recipe as a nutritious replacement for other desserts.