

CALORIES DEFICIT CHEAT SHEET (DIET)

Ways you can eat better not lesser.

1

Lower Calories Alternative

Swap to a lower calorie choice within the same food group

2

Play with portions

Same food, different calories



617 kcal



367 kcal

3

More filling food

Less calories dense food that fills you up such as eggs, oats, high fiber foods, legumes, soups, popcorn etc.

4

Aware of Liquid Calories

Seek for lower calories drink such as (Unsweetened) coffee, tea, fruit juice, coconut water, low fat milk etc.

5

Separate dressing when you make order

Caesar, blue cheese, mayonnaise, bolognese, gravy, cream sauce...sometimes dressings added up 200kcal in a single meal!

Substitute the food that you normally eat and make alternative following method above.

Example:

1 plate white sauce spaghetti

Spaghetti- 1 cup (221 kcal)+White sauce 1 serving (200 kcal)

Total: 421 kcal



1 plate Vege spaghetti

Spaghetti- 1/2 cup (110kcal) + Zucchini sauce (62 kcal per serving)

Broccoli (24 kcal)+ Hard Boil Egg (70kcal)

Total: 266 kcal

Visit <https://www.eatthis.com/food-swaps-cut-calories/> for lower calories food choices and how much calories you can save.

CALORIES DEFICIT CHEAT SHEET (PHYSICAL ACTIVITIES)

Increase you daily TDEE without killing yourself on the treadmill.

- 1 Add cardio session** **for those that don't have cardio in their usual routine**
Add in a few cardio session throughout the week, an average 30 minutes session is expected to burn 150kcal.
- 2 Walk more**
Take stairs instead of lift, having a walk meeting, walk to your nearby grocery, take longer route, walk to bus station.
- 3 Increase your NEAT**
Gardening, doing house chores, playing with kids, helping out, walk a dog etc.
- 4 Calories burned: Walking > Standing > Sitting** Chose to stand instead of sit if possible, it's even more awesome if you walk!
Use standing desk, set a break every 30 minutes from desk, stand on the bus, walk while TV commercial break etc.
- 5 Enjoy in fun activities!**
Dancing, cycling, jogging, painting, yoga, golfing, VR console games etc.

Calories burned for different activities:

Average calories burned in 30 minutes for an 110lb (50kg) individual

Sitting - 26 kcal

Standing - 39 kcal

Walking - 99 kcal

Jogging - 175kcal

Calisthenics (Vigorous) - 200kcal

Calisthenics (Moderate) - 100 kcal

Yoga - 100 kcal

Cycling - 125 kcal

Aerobics - 179 kcal

Dancing - 118 kcal

Swimming - 210 kcal

Weight lifting - 78kcal

Kick boxing - 250kcal

Hiking - 150kcal

Ping pong - 100 kcal

Badminton - 110kcal

Cooking - 70kcal

Cleaning home - 80kcal

Gardening - 125 kcal

Grocery shopping - 75kcal

Stair climbing - 150kcal

Washing the car - 100kcal

Laundry - 50kcal

Mopping floor - 107kcal