

9 Ways to Add Flavor Without Adding Calories.



Bet you think you are a healthy eater. You probably have a few standbys that you rely on to keep you on track. But how often do you depend on grilled chicken, steamed veggies and rice to keep you looking great. Getting a little old? Yep!

Are you saying to yourself, “if I have to eat broccoli one more time, I’ll throw it up”? Now you may be thinking that the answer to getting some flavor into your diet might be adding things like fatty cream sauces or high-calorie marinades. Don’t do it! There’s a better way. In fact, there are lots of ways to add fun and flavor back into your diet without adding calorie bombs. Here are nine ways to pull it off and add some excitement to your meal times.

1. Lemon Juice

Add a little tang to your dish. It's great over a salad or as a seasoning on chicken. Get the fresh-squeezed over the concentrated version for best flavor.

2. Cucumber Slices

Add slices of peeled cucumber to a pitcher of water for a refreshing beverage. In addition to the flavor, you'll also be the benefactor of vitamins C, A, K, iron, calcium and potassium. And if you chew on the cucumber slices, you'll get even more benefit.

3. Orange Juice

You can add orange juice to olive oil and make a great dressing for your salad. And, of course, orange juice is packed with vitamin C. You can also opt for calcium-fortified OJ to help with your daily calcium needs.

4. Hot Sauce

A few shakes of hot sauce will bring your dishes alive without adding many calories. Of course, you can add it to grilled chicken, but have you ever thought of adding it to air-popped popcorn instead of all that salt and butter?

5. Fresh Herbs

One way to add pizzazz to your dishes with virtually no calories at all is by adding fresh herbs. There are several ways to use them; as whole leaves on your dish; dice them up and sprinkle them on or mix them into your sauces and soups.

6. Curry

For a little variety, add a teaspoon or two of curry to your veggies and brown rice. It's also great for tofu and chicken. And, did you know that studies have shown that curry may help with your cognition function and might even help prevent heart disease and cancer. Who knew?

7. Oregano

Pizza isn't the only place where oregano can help. You can rub it on red meat or chicken, or add it to your salads, or combine it with lemon juice for fish.

8. Cumin

Cumin has a great granular Middle Eastern flavor and can be added just like seeds, or it can be used in a grounded version like a powder. It's great on chicken and even added to popcorn as a snack.

9. Instant Coffee and Espresso Powder

Great low-calorie ways to jazz up your smoothies, particularly if you're using a protein additive and you want to mask that taste. You can also add it to yogurt, ice cream, or pudding to add some taste variety.

It doesn't stop here. This is just the tip of the taste iceberg. Also try out other additives like turmeric, fresh ginger, rosemary, vegetable broth, sautéed onions, garlic, flavored vinegars, cocoa powder, cinnamon and tea. There really is no excuse for bland food any more. So jazz it up, enjoy it, and loose a few pounds in the process.