**The Easiest Ways to Cut Calories and Junk From Your Diet**

If you’re trying to improve your diet, you’ll often find it’s easier to focus on the things you want to *remove* from your current eating habits rather than trying to add things.

And the best way to make *that* successful is to focus on just the smallest things that will cause the smallest change to your feeling of fullness and energy throughout the day.

Here are some *very* easy ways to cut calories and reduce the amount of junk in your diet!

**Get Rid of Soda Drinks**

One of the very best things that *anyone* can do for their diet is to remove soda drinks from their diet. That means no more Coca-Cola and no more 7-Up. Why? Because these drinks are absolutely packed with simple sugars while offering nothing healthy in return. They’ll make you feel hungry and they’ll add lots of calories while contributing to lipogenesis (fat storage).

**Choose the Right Coffee**

What’s just as bad or arguably even worse is when you stop by Starbucks on the way into work and grab yourself a large Americano. There’s nothing wrong with the coffee – rather it’s the large amounts of cream, full-fat milk and chocolate sprinkles that get added. Simply switch that morning beverage for an Americano or a black coffee/sea and you’ll instantly save yourself the damage – cutting your diet by 100-200 calories immediately.

**Stop Adding Sugar**

Another tip is to stop adding sugar to your tea. Once again, this adds unnecessary calories and then creates hunger pangs following your release of insulin that will suck up all of your sugar and leave you shaky.

Moreover though, adding sugar to everything makes gets you accustomed to things tasting sweet. In other words? You develop a sweet tooth. And now nothing you eat is going to be as satisfying unless there’s sugar on top!

**Remove the Butter**

Butter isn’t unhealthy for you as such, but if you’re trying to reduce your calories specifically then lathering this onto everything you eat really isn’t going to help! Get used to eating your sandwiches with just the spread and you’ll find it easier to lose weight!

**Share Dessert**

Even when we’re dieting, it can be hard to turn down a nice dessert when everyone else is indulging – especially because we may feel as though we’re being boring or preventing others from enjoying their food.

The simple answer? Offer to share with someone! You’ll save money *and* calories!