

FREE GUIDE · HIDDEN CALORIES

Hidden Calorie Swaps

The small, easy-to-miss extras that quietly undo a good day – and the swap for each.

SWAP THIS FOR THAT

Eight everyday swaps

Instead of	approx. kcal	Try	approx. kcal
1 tbsp cooking oil, free-poured	~120	1 tsp measured, or a few sprays	~40 / ~5-10
2 tbsp creamy salad dressing	~150	Lemon juice + 1 tsp olive oil, or balsamic	~40
330 ml can of full-sugar cola	~140	Zero-sugar version or sparkling water	~0-1
Large whole-milk latte	~200+	Small skimmed latte, or americano with a splash of milk	~70-100 / ~15
10 g butter on toast	~75	A thin scrape, or 30 g cottage cheese	~25-35
1 tbsp mayonnaise	~100	Light mayo, or 1 tbsp 0% Greek yoghurt	~40 / ~10
175 ml glass of wine	~160	125 ml glass, or a spritzer	~110 / ~80
Pint of lager	~200-250	Half pint, or a light / alcohol-free beer	~100-120 / ~60-90

WHY THEY MATTER

Easy to miss, easy to fix

Small

Each one looks harmless on its own.

Frequent

Two coffees, a pour of oil and a dressing is every day, not a one-off.

Forgettable

They're the things we don't remember when we think back over a day.

WORKED EXAMPLE

One day, three swaps

Oil measured instead of poured, a zero-sugar drink instead of a can, and a small skimmed latte instead of a large whole-milk one saves **roughly 330 kcal** – without changing a single meal.

All figures are approximate reference values; exact calories vary by brand, recipe and portion. Check labels where you can.

Get the whole-day view

Calories and protein can look fine while these slip through. A Nutrient Warrior plan tracks the whole day and the whole week.

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