



Tiny Bites Total Big Calories

*"I rarely have dessert."
"I never eat between meals."
"Almost everything I eat is low fat."*

Do you ever hear (or maybe say!) these comments, and then wonder "But, why am I still gaining weight?"

To answer that question we often have to look closer and check those "tiny" bites of food we might overlook throughout our day. For instance:

Bite 1
One-fourth cup of orange juice is left in the carton. You might as well finish it, right?
Calories: 26

Bite 2
Two tablespoons of fruity loops are left in your child's bowl. You eat it before putting the bowl in the sink.
Calories: 50

Bite 3
You add two teaspoons of sugar to your coffee in the morning.
Calories: 31

Bite 4
You take just a small "sample" of leftover cake. Well, maybe a second "sliver" would be O.K. too!
Calories: 73

Bite 5
Oops! You forgot to ask them to leave the mayo off the hamburger this noon.
Calories: 100

Bite 6
Add two mints. You also forgot to have them leave off the onion! Better have a mint or two for your breath, just in case.
Calories: 20

Bite 7
You are watching TV and feel a little thirsty. Oh, a cola sounds good!
Calories: 140

Bite 8
While you are in the kitchen, you see some chips and decide to have a few. What's the harm, it's just a tiny handful and not like you are going to eat the whole bag!
Calories: 105

Bite 9
Cheese on cracker at grocery store. After all it's only a small sample.
Calories: 55

Bite 10
At the check out counter, you notice the pop in the cooler and reach for one.
Calories: 140

Bite 11
Two tablespoons macaroni and cheese. You sample it as you cook to make sure it tastes O.K.
Calories: 54

Bite 12
One-fourth cup macaroni and cheese. There's a small amount left over. It hardly seems worth the effort to refrigerate only a fourth cup. You don't want to toss it, so you eat it.
Calories: 108

The Grand Total

"Extra" Calories For The Day: 902

If these extra calories are eaten daily, it might be possible to gain more than a pound a week! On average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound.

If you've been adding "mystery" pounds, consider counting the calories in those "tiny" bites!



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