



# Tiny Bites Total Big Calories!



*"I never eat between meals."*



*"Almost everything I eat is low fat."*



*"I rarely have dessert."*

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!