

Walk  
NEBRASKA

## Tiny Bites Matter

Do you ever hear (or perhaps say) things like this: "I never eat between meals, or "I rarely have dessert" and "almost everything I eat is low fat." . . . often followed by, "so why am I still gaining weight?"

It could be you don't realize how many calories you are consuming. Even though you may eat just three meals a day, it might be those little extras that cause problems. Consider the following:

- Bite #1: One-fourth cup of orange juice remains in the carton. You might as well finish it, right? That equals 26 calories.
- Bite #2: Someone made really strong coffee today at work. You add two teaspoons powdered cream substitute because that is only way you can stand the taste. Another 20 calories.
- Bite #3: You have a big report due this afternoon and take a chocolate kiss from the office candy jar. This is for medicinal purposes only! But it's also 25 calories.
- Bite #4: Oops! You forgot to tell them not to put mayo on the hamburger when ordering your lunch. Another 100 calories.
- Bite #5: You also forgot to have them leave off the onion! Better have a mint or two for your breath, just in case. Twenty more calories.
- Bite #6: The gang has gotten together for a quick refreshment break after work to celebrate completing the report. You order just mineral water, but surely a couple tablespoons of nuts can't have many calories. Count 105 calories.
- Bite #7: You're trying out a new recipe. You taste as you cook, two tablespoons macaroni and cheese, to get the seasonings just right. Add another 55 calories.

As you can see, small bites add up quickly. Without even thinking about it, you have consumed 351 additional calories! A small bite here and there does make a big difference. Thinking about what you are tasting and snacking on can make the difference between staying on track and gaining weight.

Know how. Know **now**.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.