

# Tiny Bites: What Difference Could They Make?

## Activity Sheet

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*Test your Calorie IQ:* How many total calories do you think the 12 tiny bites below contain? \_\_\_\_\_ Calories



Bite # 1:  
**One-fourth cup of orange juice** remains in the carton. You might as well finish it right?

Calories = \_\_\_\_\_



Bite # 2:  
**Two tablespoons of granola** are left in the box. It's hardly worth returning to the cupboard. You add it to your serving of cereal.

Calories = \_\_\_\_\_



Bite # 3:  
You add **two teaspoons of powdered cream substitute** to your coffee at work. Someone made really strong coffee today. Adding creamer is the only way you can stand the taste.

Calories = \_\_\_\_\_



Bite # 4:  
You take just a **small "sample" of cake** in the break room. Well, maybe a **second "sliver"** would be O.K. too!

Calories = \_\_\_\_\_



Bite #5:  
Oops! You forgot to ask them not to put **mayo on the hamburger** this noon.

Calories = \_\_\_\_\_



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

Calories = \_\_\_\_\_



Bite # 7:  
You take a **chocolate kiss** from your secretary's jar. You have to crank out a big report this afternoon. This is for medicinal purposes only!

Calories = \_\_\_\_\_



Bite # 8:  
A **second chocolate kiss** from your secretary's jar. You finished the report – what better way to celebrate? And besides, it's just a tiny piece of candy.

Calories = \_\_\_\_\_



Bite # 9:

There you are with a **handful of peanuts**. The gang has gotten together for a quick drink after work to celebrate completing the report. You order just mineral water, but surely a couple of tablespoons of nuts can't have many calories.

Calories = \_\_\_\_\_



Bite # 10:

**Cheese on a cracker** at the grocery store. After all, it's a small sample.

Calories = \_\_\_\_\_



Bite # 11:

**Two tablespoons macaroni and cheese**. You're trying out a new recipe. You taste as you cook to get the seasonings just right.

Calories = \_\_\_\_\_



Bite # 12:

**One-fourth cup macaroni and cheese**. Your new recipe tasted great; however, 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 = \_\_\_\_\_

**The Grand Total "Extra" Tiny Bites for the Day = \_\_\_\_\_ Calories**

If you eat these "extra" calories every day, you could gain as much as one pound a week! That's because on average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound.

**The Bottom Line: *If you've been adding "mystery" pounds, consider counting the calories in those "tiny" bites!***

Adapted from a resource developed by Alice Henneman. For the original resource, go to <http://lancaster.unl.edu/food/ftaug97.htm>. *Small Victories* is a mini-lesson series from WIN Wyoming and Department of Family and Consumer Sciences, University of Wyoming Cooperative Extension Service. [www.uwyo.edu/winwyoming](http://www.uwyo.edu/winwyoming) 0203; slightly revised 0706

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