Tiny Bites: What Difference Could They Make?
Activity Sheet

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.

Bite # 10:
Cheese on a cracker at the grocery store. After all, it’s a small sample.

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.

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.

The Grand Total “Extra” Tiny Bites for the Day = ______ Calorie

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

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