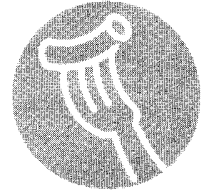


Your Health Matters

Tastes Go to Waist

Tip of the Week



Tiny Bites Total Big Calories!

It takes an excess of about 3500 calories to gain a pound. One hundred extra calories a day can put on 10 pounds a year. A bite here, a bite there and we've run up 100 (OR MORE!) calories in just a few tiny tastes. If you've been adding "mystery" pounds, consider counting the calories in those "tiny" bites.

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

☑ 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: 64.

☑ BITE 3. You add two teaspoons powdered cream substitute in the coffee at work. Someone made really strong coffee today. Adding creamer is the only way you can stand the taste. Calories: 20.

☑ BITE 4. You take just a small "sample" of the cake in the break room. 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 at lunch. 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 take a small chocolate from your coworker's candy jar. You have to crank out a big report this afternoon. This is for medicinal purposes only! Calories: 25.

☑ BITE 8. A second chocolate from your coworker's candy jar. You finished the report-what better way to celebrate? And besides, it's just a tiny piece of candy. Calories: 25.

☑ BITE 9. There you are with a handful of snack mix. The gang has gotten together after work to celebrate completing the report. You just order mineral water; but surely just a handful of mix can't have many calories. Calories: 105.

☑ BITE 10. Cheese on cracker at grocery store. After all, it's a small sample. Calories: 55.

☑ 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: 54.

☑ 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: 108.

The Grand Total "Extra" Calories For the Day: 675.

