

STAYING WELL

Tiny Tastes Can Total BIG Calories

Extra calories sometimes sneak up on us over the winter holidays. They don't always arrive in the form of large portions of calorie-laden food. Rather, they may tiptoe in through many tiny tastes throughout the day. Let's look at "Holly Day's" food diary for one day and view how those "tiny tastes" can add up. Calories are approximate and will vary, depending on brand, recipe, exact serving size, etc.

Taste 1 - OOPS! I broke that cookie removing it from the baking sheet. I'll just eat the half that didn't get all crumbled up. I deserve it for getting up early to bake these cookies.



Approximate Calories: **30 calories**

Taste 2 - Someone brought me a gift box of holiday candy! I'll just have one small piece of the peanut brittle.

Approximate Calories: **80 calories**

Taste 3 - It's after noon and I still haven't eaten lunch. I need to pick up a few things at the grocery store before I can head home. The grocery store is offering food samples – I'll just eat a little cracker with spread to tide me over until I get home to have lunch.



Approximate Calories: **40 calories**

Taste 4 - Two aisles down the grocery store is giving out 1/4 cup samples of its special flavored holiday coffee. I can't pass that up!

Approximate Calories: **20 calories**

Taste 5 - Still a couple of hours to go before I head to that holiday dinner tonight. I think I'll check out that holiday gift box again to see what other goodies there are. Some chocolate-covered cherries! Chocolate is good for you, right? I'll just have one.



Approximately Calories: **60 calories**

Taste 6 - It's a great dinner party, but maybe I shouldn't stand near the snack table before the meal starts. I'm now dipping my third chip.

Approximate Calories: **75 calories**

Taste 7 - Who can pass up old-fashioned eggnog? I'll just have a half cup.



Approximate Calories: **200 calories**

Taste 8 - There are just a couple of tablespoons of candied sweet potatoes left. Someone should enjoy them – it might as well be me!

Approximate Calories: **60 calories**

Taste 9 - The nice thing about helping dish up dessert is you can take a little "preview" taste -- using a separate tasting spoon, of course! One heaping tablespoon of candy cane ice cream coming right up!



Approximate Calories: **70 calories**

TOTAL TASTING CALORIES FOR THE DAY: 635

If comparable types of "tiny tastes" are continued throughout the holidays, it might be possible to gain as much as 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.

Maybe that tiny taste isn't so small after all ...



Source: University of Nebraska—Lincoln Extension, Lancaster County



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