

Tiny Tastes Can Total Big Calories

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The extra calories we consume 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. This is especially true over the holidays where there is an abundance of tempting treats readily available at work, home, church, etc.

Let's look at "Sandy's food diary" for one day and view how those "tiny tastes" can add up.

Taste 1 - I broke that cookie removing it from the baking sheet. I'll just eat the half that didn't get all crumbled up. **Approx. Calories: 30 calories**

Taste 2 - Someone brought holiday candy to work today! I'll just have one small piece of the peanut brittle. **Approx. Calories: 80 calories**

Taste 3 - The grocery store is offering food samples – ate a little cracker with spread to tide me over until I get to lunch. **Approx. Calories: 40 calories**

Taste 4 - The coffee shop place is giving out 1/4 cup samples of its special flavored holiday coffee. I can't pass that up! **Approx. Calories: 20 calories**

Taste 5 – I noticed that some chocolate-covered cherries have appeared in the lunch-room. Chocolate is good for you, right? I'll just have one. **Approx. 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. **Approx. 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- I'll skip dessert but I'll allow myself just one taste of my favorite ice cream. One heaping tablespoon of candy cane ice cream coming right up! **Approximate Calories: 100 calories**

TOTAL TASTING CALORIES FOR THE DAY: 665

And remember, these tasting calories are **in addition** to your daily calorie consumption for food and beverages. 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...

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