

# Little Bites Make a BIG Difference

Provided by [Anytime Fitness 24 Hour Fitness Center](#) & Destiny of Greenwood

Are you struggling to lose weight? Do you work out frequently, monitor your diet and still see no results? Maybe it's the little snacks you sneak in between. Little bites can make a big difference when it comes to calories. You need to burn 3,500 calories to lose a pound of body weight. Take a look at the little bites outlined below and see if you are guilty of any of these.

**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 this noon. *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 chocolate kiss 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 kiss 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 for a quick drink 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 "Little Bite" Calories For The Day: 675**

If these extra calories are eaten daily, it might be possible to gain as much as a pound a week! Remember, on average, an additional 3,500 calories above your body's needs can lead to weight gain of a pound. If you've been adding "mystery" pounds, consider counting the calories in those "tiny" bites!