

Tiny Tastes Can Total BIG Calories over the Winter Holidays



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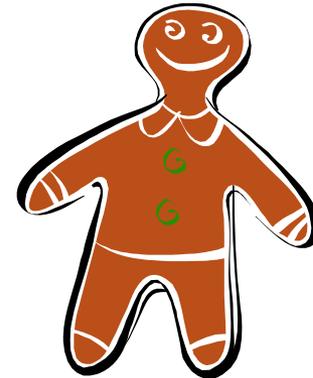
Extra calories can sneak in over the holidays...



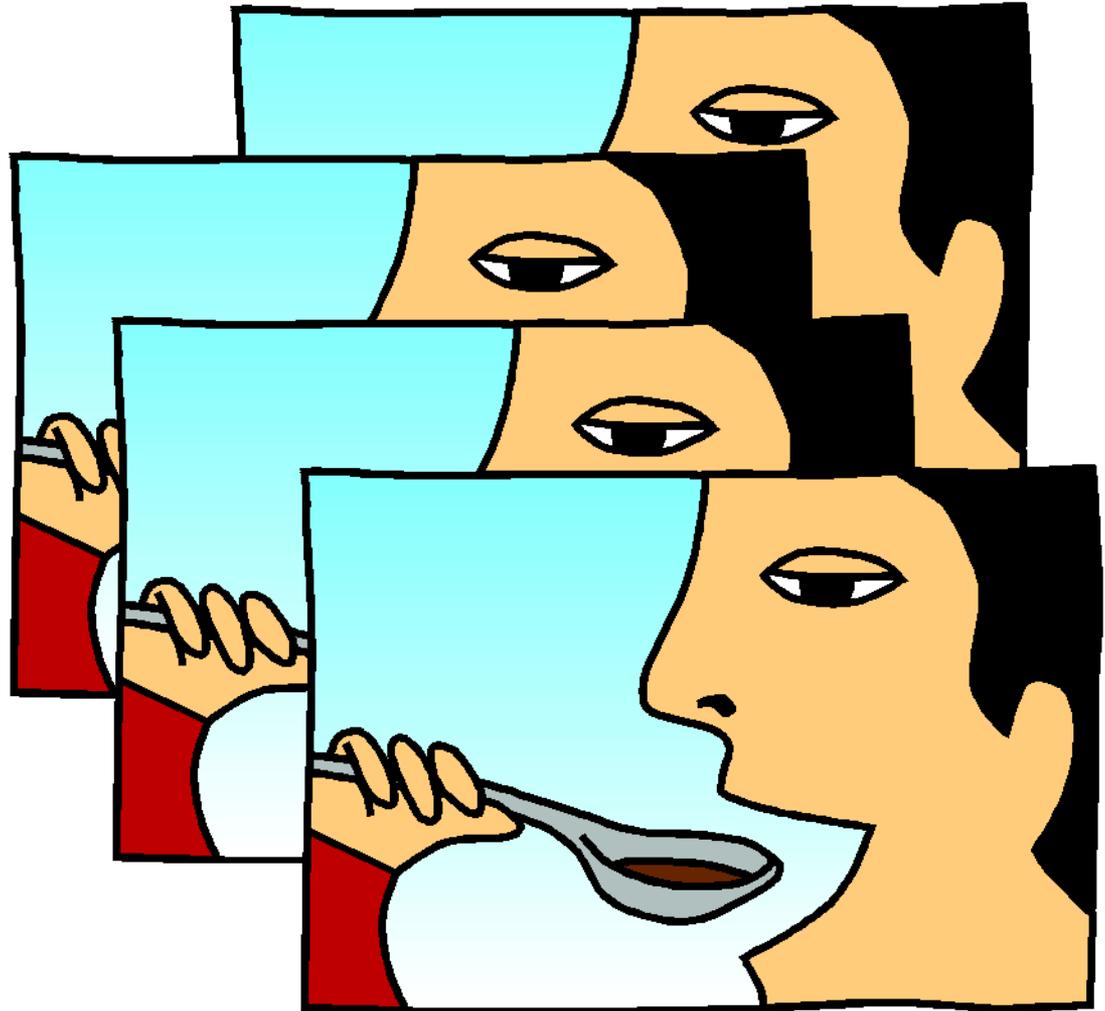
**They don't
always come
in large
portions!**



They can tiptoe in through tiny tastes throughout the day...

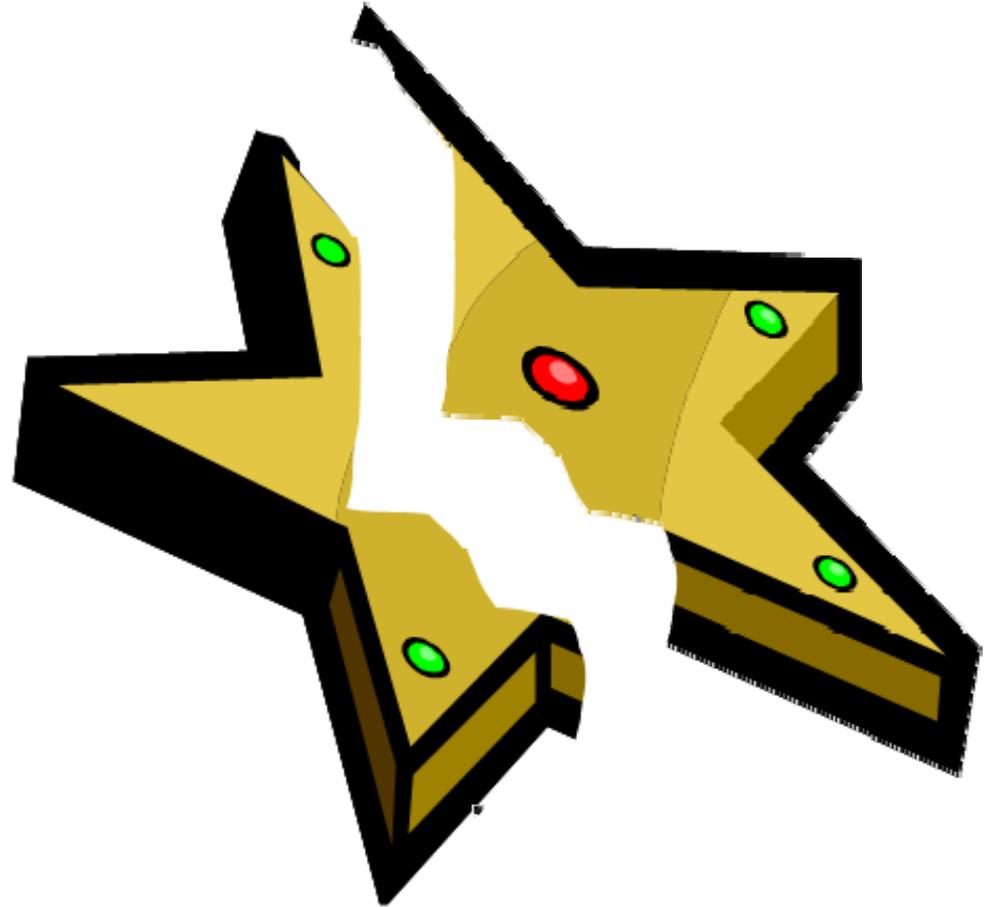


**Let's look at
how the
calories in
tiny tastes
can add up
in one day.***



Taste 1

Eating a cookie that broke while removing it from the baking sheet – I deserve it for getting up early to bake these cookies before heading to work.



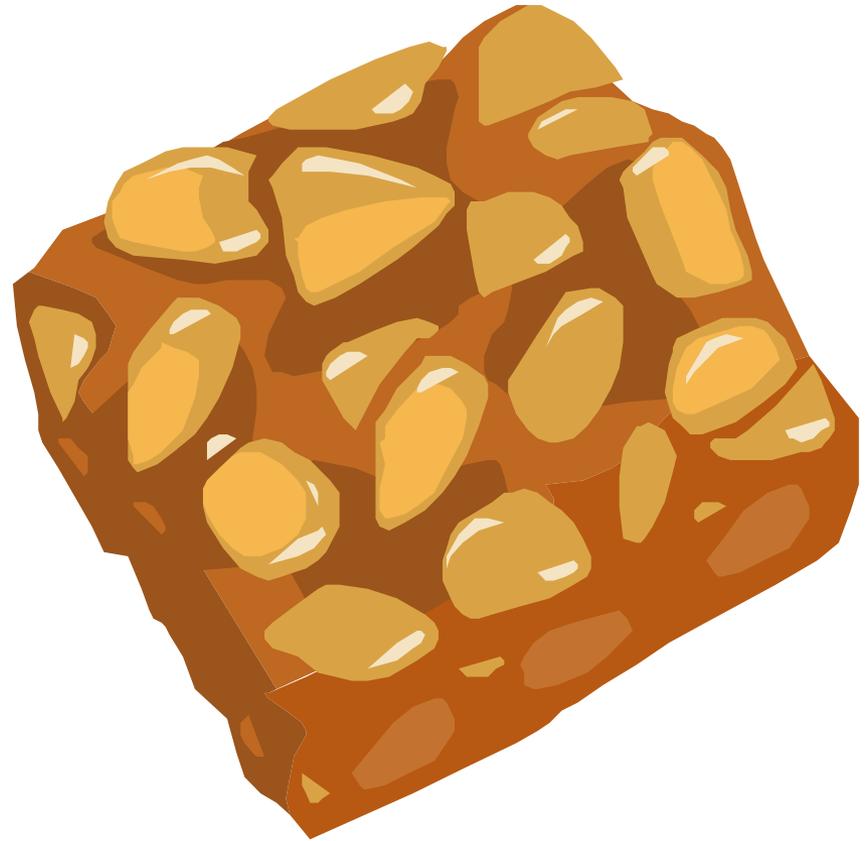


Approximate Calories



Taste 2

Someone brought holiday candy to work today! I'll just have one small piece of the peanut brittle.

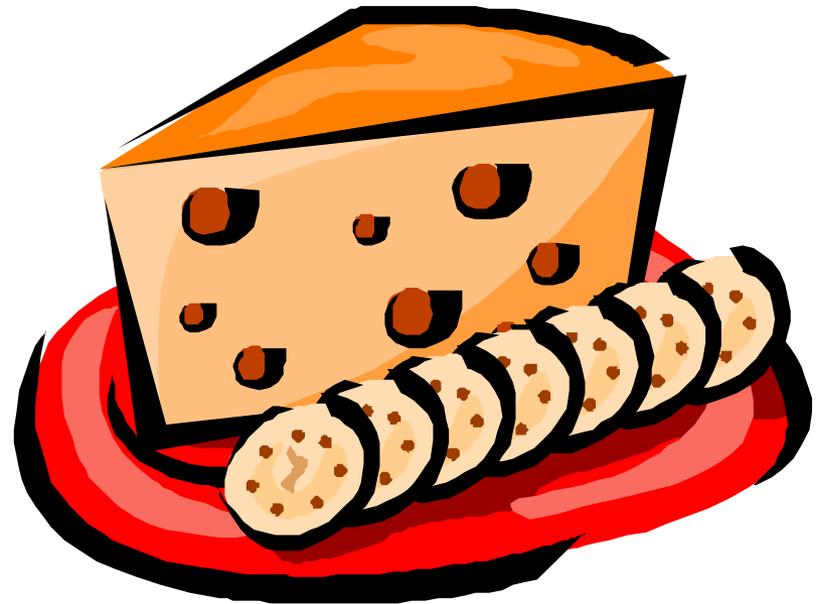




Approximate Calories

Taste 3

Gotta stop at the grocery store over the noon hour. Great – they're offering cheese and cracker samples. That'll tide me over until I can swing through a fast food place.





Approximate Calories



Taste 4

The fast food place is giving out 1/4 cup samples of its special flavored holiday coffee.





Approximate Calories



Taste 5

Chocolate-covered cherries in the break room! It's still a few hours before the dinner party tonight. Chocolate's good for you – right? And, I'm just eating one!



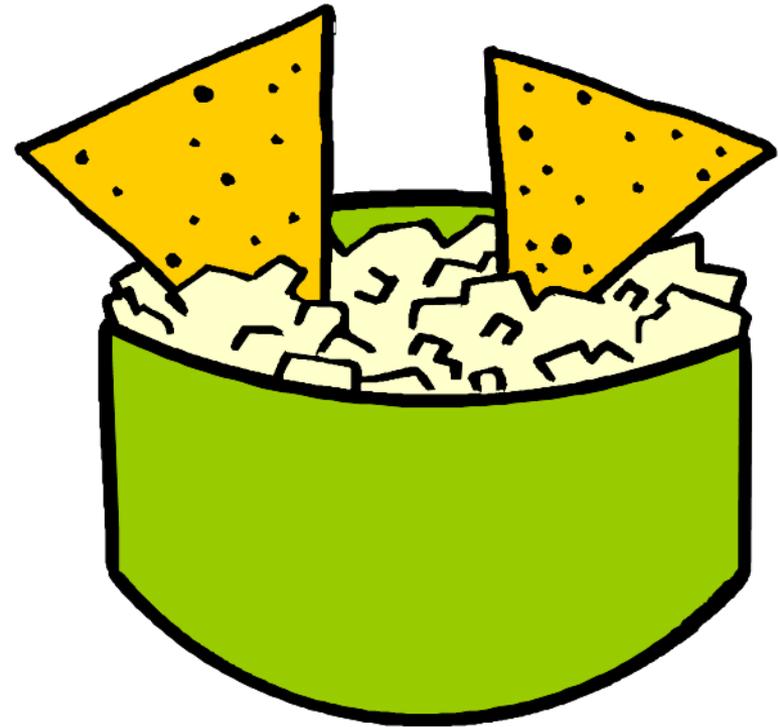


Approximate Calories



Taste 6

The party is great – but maybe I shouldn't stand near the snack table. I'm dipping my third chip.





Approximate Calories



Taste 7

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





Approximate Calories



Taste 8

There are just a couple of tablespoons of candied sweet potatoes left. Someone should enjoy them so they don't go to waste – it might as well be me!





Approximate Calories



**Don't let your
stomach
become a
“waist”
basket.**

**Use or freeze
leftovers within
3 to 4 days.**



Taste 9

Helping dish up
dessert lets me
take a little
“preview” taste.
One heaping
tablespoon of
candy cane ice
cream coming
right up!





Approximate Calories

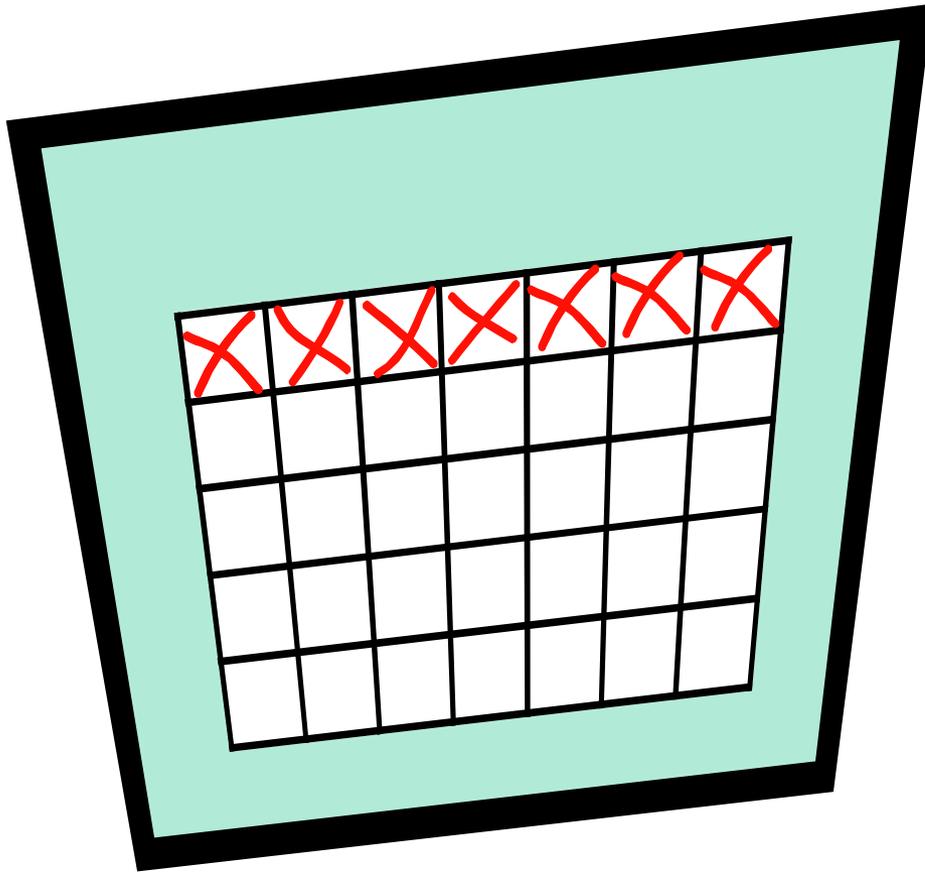
**Guess the total tasting
calories for the day ...**



If such “tiny tastes” are continued through the holidays, you might gain ...



- **A pound a week!***



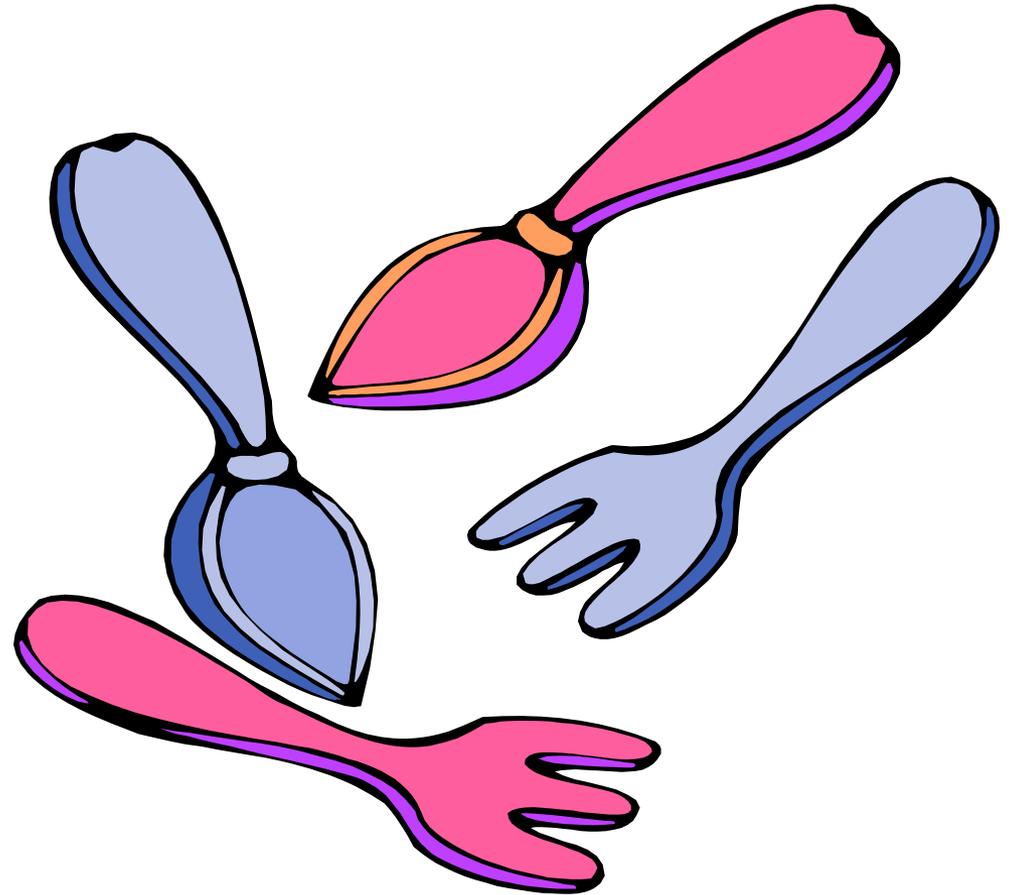
**Which could
add up to about
5 pounds
(or more!) between
Thanksgiving and
New Year's Day!**

* Consuming an additional 3,500 calories above your body's needs and expenditures can lead to gaining a pound a week.

**Maybe those
“tiny tastes”
aren’t so tiny
after all!**



What “tiny
tastes” are
totaling BIG
calories for
YOU?



The End



“Thank You!” to the following people for reviewing these materials and adding their suggestions:

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