

# Just One Bite

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Eating 100 additional calories per day will add 1 pound of weight per month if not balanced with additional exercise. That's about 10 pounds per year!

Weight maintenance is balancing calories consumed with calories expended. Start reading labels of foods routinely consumed to be very aware of where those extra 100 calories may be coming from. Here is a sample of some foods and how many calories are in just one bite. Make a new rule to leave at least one bite on that plate.

| Food                 | Cal/bite |
|----------------------|----------|
| Mashed Potato        | 23       |
| Candied Sweet Potato | 50       |
| Ham                  | 60       |
| Turkey Breast        | 40       |
| Onion Dip            | 30       |
| Gravy                | 65       |
| Pecan Pie            | 115      |
| Apple Pie            | 72       |
| Almond – one nut     | 6        |
|                      |          |

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### QUESTIONS

1. Eating 100 additional calories per day will add 10 pounds per year if not balanced with exercise.

True

False

2. Turkey is lower in calories than ham.

True

False

3. Which of the following is the best snack option to conserve calories?

- A. Onion Dip
- B. Turkey Breast
- C. Almonds
- D. Apple Pie