



Bites, Licks, and Tastes....Are You a Victim of B-L-T?

Do you sometimes wonder why you gain weight or fail to lose weight when you really try? Do you wonder where some of your calories come from? You may be a victim of **BLT!** The **bites**, **licks**, and **tastes** are all the hidden foods we put in our mouths throughout the day when we are really not that hungry. Some examples are:

- Standing at the refrigerator and grabbing a piece of cheese.
- Going to the cupboard or pantry and eating cookies and crackers.
- Eating chips out of the bag while watching TV or sitting at the computer.
- Sampling baked goods and deli treats at the grocery store.
- Eating leftovers instead of saving them for another meal.
- Sampling while cooking and baking.
- Finishing out the ice cream in the bottom of the container after eating a large portion.
- Stopping at the bowl of M&M's and taking a handful...or two.

All of these behaviors are sabotage for losing weight or for keeping weight off. It is possible to consume well over 1000 extra calories a day this way. Take the **BLT Quiz** to see if you are a victim of **BLT**...or at risk of becoming one.

Answer true or false to each question below:

1. I often eat other people's leftovers. _____
2. I eat snacks out of the bag instead of putting one portion in a bowl. _____
3. I like to sample items from stores. _____
4. My cupboard is stocked with crackers, cookies, chips and other foods that are high in fat and/or sugar. _____
5. I don't really eat a lot of fruits or vegetable on a regular basis. _____

If you answered true to 1 or more of these questions, you may be eating more calories than your body needs. This will result in weight gain and excess body fat.

Suggestions to help you improve your food behaviors and control your calories:

- Eat a good breakfast every day with whole grain cereal, skim milk, fruit.
- Snack on plenty of fruits and vegetables instead of chips and crackers.
- Eat a diet higher in fiber and lower in fat and refined foods; you will feel full with fewer calories.
- Keep track of what you eat...beware of **BLT** temptations!!

Adapted from "Communicating Food for Health", September 2004

