

Are you eating more calories than you think?

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(HealthDay)—You've worked hard to curb mindless eating by not watching TV with a bag of chips in your lap, and you log everything you do eat in your smartphone app. But you could still be taking in more

calories than you realize.

The fact is that throughout each day, you're bombarded by sneaky sources of extra calories that never get recorded in that journal of yours. And the result could sabotage your weight-loss diet or add unwanted weight. For instance, your office could be a diet war zone if bowls of candy sit on every other desk. That nibbling adds up, so swear off these caloric pit stops. The same goes for the lollipop bowl at your bank or dry cleaners.

Go "hands-free" on the free samples at your favorite food stores—those tiny cups of mac and cheese and donut holes can add up as you walk the aisles.

Be careful at home, too. Are you a repeat taste tester when cooking? Even if your [recipes](#) are healthy, every spoonful that passes your lips has [calories](#), so limit yourself to one or two, or spread the wealth and let other family members taste-test for you.

Finally, resign from the clean-plate club. Stop finishing off the last bites on your child's plate or in serving bowls. If you can't bear to throw out bits of food, wrap up all leftovers. Even better, ask a non-dieting member of your household to do it for you so that you won't be tempted.

More information: The U.S. Centers for Disease Control and Prevention has more on [improving eating habits](#) to help you limit those extra calories.

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