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Maybe I should rename my snacks as meals?

Wednesday, November 14, 2012

Just a case in point: Checking on one random day, I see that I consumed 1782 calories, near the very top of my maintenance range It was also a BIG day for exercise - running, walking, canoeing and even 2 short SP strength training videos. According to the tracker, I burned 522 calories. This was way out of the ordinary. I usually burn about 250-300 calories per day. Fortunately, the following day was my scheduled day off from exercise.

708 of those calories (40 %) were "snacks." I think it's time to face the fact that I don't have snacks, I eat extra meals. I know that 6 small meals per day are recommended for diabetics. Fortunately, I'm not in that group, but their regimen seems to work well for my body too.

My husband says I'm eating all the time and I suppose it looks that way. I have this internal clock, my unique personal clock that expects fuel at certain intervals. What's changed for me is what type of fuel I'm using. Greek yogurt with FiberOne cereal is one choice, not the donuts DH favors. Instead of Oscar Meyer "oven fresh" deli meat my sandwiches now contain chicken or turkey that I've roasted in my own oven. DH prefers that now too and even does a lot of the roasting himself!

I even LIKE the replacements. I don't think I could continue if I felt deprived. Yes, my Greek yogurt is the organic kind with fruit. That sugar isn't my problem. It's the sugar from digging into the container of ice cream that used to sabotage me.

Now I find that I can eat a lot comparatively and still be within my range of 1460 – 1810. On days that I don't workout I stay at the low end. If I'm active, I eat more. It's becoming automatic – FINALLY.

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LESLIE871948   ∨
I eat when I am really hungry most of the time, unless it is within a couple of hours before I go to bed, then I don't eat. I really think it helps keep me from overeating.
3132 days ago

MOBYCARP   ∨
Automatic after 3 years of maintenance? You give me hope! I'm not automatic yet, but after one year of maintenance it's easier than it used to be.

On the meal tracker, I have breakfast, lunch, dinner, snack, and evening. I wanted a "morning" category to distinguish morning snacks from afternoon snacks, but back when I set this up the site

was really flaky if I added more than one extra category. So I decided "evening" was more important to me than distinguishing between morning and afternoon snacks.

I wonder if I went back now to change it, whether adding another meal would work right? Doesn't matter personally, because I've done okay with the setup I have.

3133 days ago

CD13136117

Great blog - and I love that SP seems to be so accurate with their calories burned versus the calorie range that corresponds. I find myself not having a lunch, but having three snacks spread out from 11:00 to 4:00. Seems to work for me too.
All the best - Kathy

3133 days ago

WATERMELLEN

Love the idea of preparing my own roast chicken for salads . . . will have to try that rather than using deli meat!

You can eat a whole lot more than I can: and you're obviously making great choices!

3134 days ago

CELIAMINER

I'm with you. A hefty percentage of my calories get logged as snacks, but individually, the snacks are healthy and don't have many calories, so I can eat more frequently and not feel deprived.

3134 days ago

BOILHAM

Good for you, you're doing great! That mini meals doesn't work for me, but some people swear by it.

3134 days ago

ROOSTER72

You are doing so well!

3134 days ago

SSUSMITA

Well Done!

3134 days ago

COCK-ROBIN

WAY TO GO I'm proud of you!

3134 days ago

COCK-ROBIN

WAY TO GO I'm proud of you!

3134 days ago

COCK-ROBIN

WAY TO GO I'm proud of you!

3134 days ago

SUZYMOBILE

I've added categories to my nutrition tracker for "Drinks," "Afternoon Snack," and "Evening Snack" because I wanted to be able to track what I was eating outside of regular meals. I eat at regular mealtimes but add between-meal snacks when I'm hungry. If I'm not hungry, I don't.

So, if I count up all my non-meal calories, that can come to between 200 and (rarely) 800 calories. That high count was Saturday at Disney, so it's out of the ordinary for sure! I guess it's good to know where the calories fall in the day, but I don't want to change my pattern either!

3134 days ago

MISCHAKEO

Good job on finding what works for you and eating mini meals. I also use my own roasted meat and veges for meals. I love Greek yogurt!

I eat one snack outside of my meals but that works for me.

Well Done!

Great job of staying focused on being healthy.

3134 days ago

NELLJONES

v

Some people call them mini-meals. Some call them the "second half of" a previous meal. I personally hate the word "snack". I don't eat between meals, but then I am older now, and have trained myself to that.

3134 days ago

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