

# BROOKLYN\_BORN

 Change Banner Image

**154,986**  
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  Awards
- More 

## Diet as a “part of speech”

Thursday, November 15, 2012

I dislike the word diet when it’s used as a verb. “I’m dieting” brings to my mind images of deprivation. I imagine myself sitting at a banquet with everyone enjoying wonderful food while I turn down all the options with “No thank you, I’m dieting” and stare at a plate of lettuce.

“I have a healthy diet” has a different meaning to me. Then I imagine a cornucopia of different foods. Lots of variety in nutrients and taste, all of which taken together have the capacity to make my body stronger. I want to be stronger to accomplish all the things I want to do.

Of course, diet the noun, can be used in a detrimental way as well. “I’m on a diet” has the same ring of deprivation as the verb does. If I use it that way, I’m sabotaging my own efforts. I won’t limit myself like that. So if diet is going to be a noun, I want a positive adjective in front of it.

“I’m dieting” and “I’m on a diet” both sound to me like a temporary condition that will come to an end and the sooner the better. “I have a healthy diet” is something that I want to continue indefinitely.

It’s been a long time since I’ve studied “parts of speech.” However, words matter and the context of words matters too. I intend to use them to create for myself a positive atmosphere. In such an environment I’m more likely to succeed and thrive.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

 [Add a Blog Entry](#)

See Today's Featured Member Blog Posts

### More Blogs by BROOKLYN\_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

## Member Comments About This Blog Post



**WILSONWR**

That is one thing I plan to make different this time - no diet, just a change for life!  
3132 days ago



**MISCHAKEO**

I was contemplating the same thing and may blog about it. A friend told me that she when she reached goal and was done with her diet, that she was going to enjoy the holiday season. What resonated with me was the done with the diet. This is a before and after concept of eating. I will stay on my diet and afterwards I can sit back and relax and enjoy myself.



My concept of reaching goal is that you are not done. You immediately step into maintenance by continuing the good habits you have developed. Maintenance is continuance..as you say indefinite continuance.

3132 days ago

**TRAVELGRRL**

Yes, I too like the ring of "I have a healthy diet." It is so positive and sounds rich in variety and taste!



Changing what we say to ourselves really makes a difference!  
3133 days ago

**ADRIENALINE**

Great blog! I'm maintaining my super loss of 30 lbs and I feel great to be on this diet for the rest of my life.



3133 days ago

**ROSEWAND**

Your words are so wise. The idea of deprivation diets has led a lot of us down a long dark path of frustration. Restrict our intake; feel deprived.; then overeat. and regain even more.




It is only when we get off this cycle, and focus on healthy foods in moderate amounts, do we regain our ability to reach a healthy weight. Return the word diet to its original meaning: what we actually eat.

I discovered that when I focused on healthy natural foods in moderate amounts and focused on the pleasure in eating at the same time, I returned to a healthy, happy relation with food



and with my body. It works.  
3133 days ago

**LEB0401**

 You're so right!



3133 days ago

**CD12758218**

Studies have looked at the difference between saying to yourself "I can't eat that" and "I don't eat that." People who said "I don't" were more likely to make healthy choices and do so longer than people who told themselves "I can't." Simply saying "I don't" may give you a sense of control over your eating and exercise decisions. So words can have power!



3133 days ago

**SUZYMOBILE**

"Diet" seems like such an old-fashioned word any more, doesn't it? You don't hear anyone using it all by itself very much. It's the "Duken Diet" or the "Atkins Diet" or the "Gluten-Free Diet," but hardly ever "on a diet" or "dieting."



3133 days ago

**FITFOODIE806**

Words matter! Our mental mind frame is a huge piece of this journey. It would be an interesting study to compare maintenance success of people with the diet deprivation attitude compared to the healthy diet attitude. I think we know the results.



3133 days ago

**TINAJANE76**

I'm really trying hard to undo my hang-ups with certain words and ideas that I had come to think of in negative ways due to my past failed efforts to lose and maintain my weight. The scale is no longer my enemy, I no longer lump the word "diet" in with other more unsavory four-letter words and tracking isn't a burden but something that's liberated me from a lifelong cycle of yo-yo dieting. Decluttering my mind of all these notions has allowed me to focus on the things I've needed to do to be and stay successful and that, to me, is much more important than the words I choose (or don't choose) to use to define my journey.



3133 days ago

**WATERMELLEN**

The connotations of words are very powerful indeed . . . I like Judith S Beck's "The Diet Solution: Learning to Think Like a Thin Person" because she tells us any (healthy) diet will "work", but what makes maintenance possible is changing the way we think. And: she's right!



3133 days ago

**BOILHAM**

I agree, ones words will plant the seed of success or failure.



3133 days ago



**AZMOMXTWO**

I agree the way it is daid makes it harder to stick to a weight loss plan but to say I am trying to heat a healthier diet makes it easier to stick with it



you can do it  
3133 days ago



**CD11348896**

I feel like you those words, I use the words lifestyle change a lot. When I do use the word diet, I use it with a positive spin. Hang in there!



3133 days ago

### Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

**Post Comment**

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.