



# BROOKLYN\_BORN

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## 800 calories of ice cream? - Looks like I'm not infallible.

Tuesday, November 20, 2012

The "bottomless pit" is alive and well.

I've been writing regularly about my upcoming 3 year maintenance anniversary and how my healthy habits are finally becoming automatic. So it's only right that I record and report one colossal failure. I believe in baby steps forward so here's one giant leap backward.

I know exactly why it happened. One day last week some sad news had me feeling down and awareness of my well-known past reactions didn't change the situation. The ice cream was there, many cartons of the stuff stashed by DH, the junk food king. He keeps most of his junk food out of my sight, but we only have one freezer. The calories weren't all from the ice cream. We also have a bottle of chocolate syrup in the fridge which I dumped liberally over my mountain of ice cream.

Something is different though. Yeah, I messed up. There's no way my body needed that. Yet strangely, I don't feel all that bad about it.

800 extra calories translates into at most 4 ounces. Even if every last calorie lands on my hips, my body's destination of choice, I can get rid of that.

What I do realize is that I just can't eat like that every night. You know, we used to do that, DH and me. We laughingly called it our nightly "ice cream ritual." We have big bowls for ice cream and toppings. When filled, they look like Mt Vesuvius spewing lava, especially when we added a cherry on top.

The ice cream isn't going away, but I found something else that might help – my mother's old dessert dishes – the ones I remember as a child. They actually hold ½ cup of ice cream. So that's where they get the "serving size!" They haven't changed it since 1950.

The average American was a different size back then too. Maybe my goal should be to train my body to match those old dishes?

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### Member Comments About This Blog Post

**CD8113065**

I'm amazed you would dirty a dish when you can simply eat it out of the carton. And if you eat it all in one sitting, you only need to wash the spoon once. Just sayin'.





3127 days ago



**STRIVER57**

another person whose favorite binge is ice cream. but yeah the quantities are lower these days. and ice cream is wonderful, if you can keep it under control. and since i want to be able to eat it ...yes we have a set of tiny dishes we serve ice cream in.

3127 days ago



**BOILHAM**

DW sabotaged me and brought hom two packages of Eskimo Pies, explaining she only buys them when there's a 2 for 1 sale. i succumbed and ate 2 or was it 3 of them, over the course of a week. I certainly am not perfect either, but I do like to treat myself now and again. Still, I think I have in under control, so not a lot of guilt.

3127 days ago

Comment edited on: 11/21/2012 3:06:36 PM



**CD8467616**

Wow. You touched a chord with a lot of people here. For some of us, ice cream is where we go when the evil robot enters our brain and makes us forget we've be Sparked. But isn't it amazing how when it's over, it's over? Congratulations on that.

I also have some of my mom's dessert dishes and I love them dearly. They are blue glass and she used to put chocolate pudding in them, but I do sometimes have ice cream in them: they hold 1/2 cup!

3127 days ago



**SWEDE\_SU**

it's amazing how our dishes have become supersized - compare the corelle plates that were popular when we were married in the late 60s, early 70s, with plates today - definitely a difference. i also try to use smaller bowls to show what a "real" portion is. and at least you recognized what happened, these things \*do\* happen, and you're back on track again.

3128 days ago



**CD12758218**

I agree with TinaJane, 800 calories of ice cream is not what you want to do but is quite controlled compared to binges I have pulled off. It is surprising to see an old habit suddenly resurrect itself but I like your attitude of not blowing things out of proportion and move forward.

3128 days ago



**TINAJANE76**

You're not alone! I've been at this for almost three years and as much as I'd like to think my healthy habits are a permanent part of my life, my old ones still rear their ugly heads from time to time. I just wish I could keep my overeating episodes to 800 calories. They'd be a lot easier to work off than what mine usually look like.



3128 days ago



**FITFOODIE806**

Old dishes are the best!

I hope you enjoyed the ice cream because what's the fun of a life without a sundae every once in awhile?! Now the trick is to just keep it once in awhile and use the old dishes. Easier said than done, I know!

3128 days ago



**COCK-ROBIN**

Very good! I've got to look for those ice cream dishes.

3128 days ago



**CAKEMAKERMOM**

It happens and then we move on. I use my littlest dishes for my ice cream or I feel left out. I have teeny 6 oz bowls that fit just a cup of something, so they're perfect for anything little I want to eat.

And this is from someone who used to watch "The Biggest Loser" while eating no less than 5 scoops of ice cream in a large bowl with toms of chocolate syrup. I shudder to think how many calories that is. I no longer watch that show either. ;)

3128 days ago

**MISCHAKEO**

Great idea on using small old dishes for ice cream. You are doing a great job of staying



positive and finding steps. to avoid the 800 calorie attack!



3128 days ago



**62NVON**

You are my inspiration! Your blogs are always informative and give great perspective. Thank you!

3128 days ago



**MJZHERE**

I had bought a carton of low fat (or something like that) ice cream and it started out with measured portions once in a while, to every night, to eating out of the carton. I didn't even like it, and I was glad once the carton was finished. I am not a huge fan of the taste of yogurt, but I love it is portioned out and that I feel so on top of things eating exactly that portion. You did well to look and learn - isn't that what life is all about?

3128 days ago



**KAYOTIC**

It's well documented (read Brian Wansink's Mindless Eating) that smaller serving dishes will result in small portions and fewer calories eaten. Good perspective on the "fail" and good for you for not blowing it totally out of proportion, and going back to old ways. It was one slip, and really in the grand scheme of things not that big of one. Learn and move on!

3128 days ago



**JOYNEW**

Great blog! I don't know anyone who eats perfectly 100% of the time. Maybe life would just get too boring if we were all that perfect! LOL So... put it behind you. Enjoy your ice cream now and then -- maybe not such a big bowl! (I'm a big fan of small dishes.) For me, another thing that helps is remembering how crummy I feel when I overdo it. Funny thing, that-- good nutrition feels good, bad nutrition feels bad. Makes sense!



3128 days ago



**CD13136117**

Great blog! Isn't it great that ice cream was such a deal that it got it's own blog? Years ago it might have been "just another night". You are staying on top of it, and I'm sure those 4 ounces will be gone soon. Good insight!!

3128 days ago



**SUZYMOBILE**

I used to have a nightly ice cream ritual, too, but I didn't really count it as a real treat unless it was a BOWL of ice cream. That thing had to have had half a pint of ice cream in it, maybe even a pint! That's such a hard habit to kick that, for me, it would be like taking up smoking again. So I just don't do ice cream any more. And half a cup is such a silly little amount that I don't feel as if it's even worth it.

3128 days ago



**LEB0401**

Ohhh yeah. I've been on an ice cream kick... the pumpkin and candy cane flavors were just calling my name in the freezer section.

I've been able to keep it under control by using ice cream cones, the wafer or "cake" type. If you fill it only to the rim of the cone, it's a perfect 1/2 cup serving. The cone itself is only 20 calories, and no dishes afterward--bonus!

Now.. if I keep eating 2 cones like I did last night, I'll be in trouble.



3128 days ago



Comment edited on: 11/20/2012 8:55:05 AM



**GETFIT2LIVE**

Oh boy, can I relate! I grew up with a nightly ice cream ritual, and it was not a 1/2 cup serving, I can guarantee. Probably a part of why I put on so much weight and my family tended to be heavy, too. I have to very consciously serve out a 1/2 cup serving when I have ice cream (paper cups and an ice cream scoop help), and I know I can't make it a habit every night any more. It's not the one night slip that hurts; it's what we do on a regular basis that does. Well done for recognizing what happened and using it as a learning experience instead of letting it bring you down!

3128 days ago



**CD12911945**

Please let us know if you manage to keep yourself to the small bowl when the attack hits. I have special small,bowls but when I am under the influence the carton itself becomes the bowl.

You are in good shape to shake this off, as you said. You worked hard to get there and you will



stay there.

Nice blog.  
3128 days ago



**NELLJONES**

Remember Dixie Cups? Those tiny little ice creams that came with a little wooden "spoon"? They are 1/2 cup, a single serving.

3128 days ago



**CD11026554**

Good that you could stop at one night - that has to be progress in itself! And yes, smaller plates/dishes are definitely the way forward.



3128 days ago



**WILSONWR**

I have those dishes and I use them whenever I buy ice cream. I haven't bought ice cream in a while, though, because it is a major weakness for me. I can do fine under normal circumstances, but when the stress comes along, it's way too easy to reach for the bigger bowls - especially with Blue Bell Homemade Vanilla!

3128 days ago



**CD10259955**

Interesting perspective! Maybe it's time to hit the "antique" stores and stock up on some old

dinnerware and dessert plates!

3128 days ago



**WATERMELLEN**

Great blog: I also have some of those 1950s dessert dishes. Juice glasses too: remember 4 oz servings?? Of course Marilyn Monroe wore a size 16 roughly equivalent to today's 8s!!

As you say, not a disaster and worth it for the added insight going forward.

3128 days ago



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