

BROOKLYN_BORN

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Today is DH's 71st Birthday - Look what he bought last night!

Monday, January 18, 2016



It weighs 2lbs 8oz and has 12 assorted varieties of slices. So each slice is 3.3 oz

We are NOT having a party. He bought this for the TWO of us. The missing piece was his breakfast at 6am. I love cheesecake. It's my favorite dessert, but even I don't want to eat it before sunrise.

He conveniently tore off the calorie/nutrient information before I saw it.

So I went to the Spark nutrition tracker to see how many calories are sitting on my kitchen counter right now.

Oh boy! Look what it said for "commercially prepared cheesecake."

What's this? The ultimate denial?

Sugar = 0? It doesn't say "sugar free" cheesecake.

91 calories? Oh yeah, that's in 1 oz. So one slice of DH's cake is 400 calories.

But DH's cheesecake definitely has sugar.

So let's check the Cheesecake Factory version in the nutrition tracker. It was one of my favorite places before we moved to an area where there isn't one.

One "serving" = 500 calories, 34 g sugar, 36 g fat (16 saturated), 42 g carbs, 185 mg cholesterol. That seems a more reasonable estimate.

Multiply those numbers by the 6 slices that are supposed to be "mine."

Denial excuses:

If I eat my share, I will consume:

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3,000 calories.

Isn't that equivalent to about a 1 pound gain?

I can handle that, right? NO!

I've been in maintenance for 6 years.

3,000 calories of cheesecake is just plain stupid.

216g of fat, 96 g saturated.

Isn't fat OK now? It will help me feel full, right?

Oops, the articles want me to get my fat from oily fish and similar sources, not cheesecake.

Darn it! It's the cheesecake I want, not the fish.

So again, it's a NO!

1110 mg cholesterol

This is a no brainer for me. I, like my Dad, am one of the approximately 50 million Americans for whom dietary cholesterol IS an issue. Dad had a heart attack at 59.

So NO, NO, NO!

204g of sugar

I spent 6 months gradually reducing the sugar in my morning coffee as well as increasing the ratio of plain to flavored yogurt in my 1 cup afternoon snack.

Finally, I am used to black coffee and only plain yogurt (even plain Greek yogurt)

So, NO, NO, NO, and NO! I will not eat 204 grams of sugar.

If you've read this far, you have probably figured out that blogging and looking the numbers straight in the eye is my solution to avoiding temptation. I would call it sabotage, but it is his birthday, after all.

You don't stay married for nearly 49 years without some understanding and compromise.

I will likely eat one piece of the cheesecake after dinner tonight, but if I'm tempted to eat more than that, expect another blog. If I'm typing, I can't be eating.

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MJREIMERS

Good "take" on the food and relationships. This is why you've been so successful in both

areas! 😊

1968 days ago



ALICIA363

Aack!



"If I'm typing, I can't be eating.". Good answer!

1968 days ago



MARYJEANSL

When I saw the picture, what popped into my mind was, "Oh Dear!" I was pretty correct in predicting your reaction. I think mine would have been the same, although I expect you will do better at resisting temptation than I would have in your place.

I hope he had a wonderful birthday!

1968 days ago



WATERMELLEN

You don't stay married for nearly 49 years without some understanding and compromise.

Well, we're only at 36.75 years (give or take) but I accept your wisdom on this absolutely.

But but (big butt!!!) . . . I'm with you. Can't do cheesecake sob sob sob. It's not the single piece -- it's not even the 50% of the whole thing.



It's the trigger effect probably for weeks going forward in my case.

Darn. I too LOVE cheesecake . . . I do (and so does my own DH!!)
1969 days ago



WILSONWR
Good luck! Cheesecake is definitely a big temptation!
1969 days ago



WALLAHALLA
That looks heavenly! I do love a good cheesecake!
1969 days ago



PHEBESS
Oh my. I think we married twins. That's the kind of thing DH might do.



If you freeze it, it changes the texture. I don't like frozen and thawed cheesecake at all. Bleah.
(Okay, it's tolerable, but my way of dealing with the issue is reminding myself that it isn't as good.)

So, my suggestion: eat one piece and enjoy it. Smile and thank your DH. Then, if he really wants you to eat half of it, freeze the rest of your half. And ignore it. It'll be yucky anyway.

Stay strong!!!!
1969 days ago



LIVEDAILY
Freeze it, I say!! Bury it deep in the freezer, and put meat and veggies in front of it and forget it's in there. THEN, when you're cleaning out your freezer, and you find it, it will be so freezer burned, you'll just have to throw it out!! Ta-da!



1969 days ago



DOVESEYES
You can freeze it in way smaller portions and spread out eating it over a long time :).



Oops almost forgot Happy Birthday to DH !!!
1969 days ago

Comment edited on: 1/18/2016 6:21:02 PM



MILLEDGE2
Hopefully, it will start tasting a bit tired and stale very soon! That, along with your fact sheet, will be a blessing!
1969 days ago



CD15641307
Oh man you are stronger than me. Cheesecake is a huge temptation to me and I don't know how you can not pick at it! Kudos!
1969 days ago



KRISZTA11
Great calculation!
Is it possible to freeze cheese cake? I'm not sure if it keeps shape and texture well...
It would be sad to waste it, but eating too big portions is not appealing either.



1969 days ago



LIVINGLOVINLIFE
That is pure devilish temptation. I too love cheesecake but I don't have it in the house. One piece just doesn't work for me. Temptation!!! But if your husband bought home and he wants it. I agree with several others freeze it. Have an occasional sliver with him. Better for both of you. A special treat will not do too much harm but that is a big cheese . Good luck fighting the temptation. Not in my house.
1969 days ago



JOLIE_
Unfortunately that is a temptation that is not new to me. As just my husband and I as well, and so any birthdays always have this debate. All too many times I do fail, as mine is often ice cream cake which I just can't seem to say no to.
1969 days ago



BARBARAJ73
Oh my... thank goodness it freezes well! Then he can enjoy it all by himself
1970 days ago



**TERI-RIFIC**

Not looking!!!! Happy Birthday to Hubs from your non-imaginary friend. You just gotta love 'em!
1970 days ago

**MEADS BAY**

Well, I sure get what you mean about compromise and understanding (47 years for us) but, imho, that was a bit selfish of him to bring that huge thing into the house for just the two of you. I would probably, passive aggressively, take my half of it and throw it right in the trash and cover it with coffee grounds (maybe eating a sliver of one slice first). My DH needs all that fat and sugar even less than I do! Scary numbers, indeed...zero sugar? Come on!



1970 days ago

**LYNDA LOVES 2HIKE**

I like your way of thinking = fortunately for me, cheesecake has never been a big appeal. Now if that was ice cream sitting in the freezer.....hmmm, different story!

Happy birthday to your husband - and hang in there!!
1970 days ago

**GARDEN CHRIS**

one slice wont do you that much harm, moderation in all things
1970 days ago


**PHOENIX 1949**

 to your DH.



on talking yourself through.
1970 days ago

**YELLOW 09 RED**

Happy Birthday to him. 

1970 days ago

**WUMPASTAR**

Yes, that does look like a bit much for TWO PEOPLE, hahaha! That reminds me of so many people I know - it's like their birthday becomes the biggest excuse to eat whatever they want without even giving it a single thought. Ah well. At least you're dealing with it like a champ. Lucky for me I don't like cheesecake so I wouldn't even be tempted!
1970 days ago

**GINIEMIE**

Oh wow. you are good, I've had too many store/restaurant cheesecakes the past and while Erik likes them I prefer my own. I will not let him buy more than a two piece box. My DIL bought some for New Years and wanted me to take half of it home....I let Erik take a few pieces but told her I would not eat anymore than the half piece I had after dinner...it was more than enough to remind me I don't like store bought cheesecake! Guess that makes me a snob ... I hope your DH has a marvelous birthday, and tell him you hope he'll buy.....(you fill in the blank) maybe he'll get the idea. By the way I think you can freeze it for another time..In small packages

for him. 



1970 days ago

**SYMPETRUM**

I once baked a Turtle Cheesecake even though my husband is allergic to nuts. So I was the only one that was going to eat it. I gave about a quarter of it to a friend's husband (she couldn't have milk). After eating a piece, I cut the rest up into tons of 1 1/2" squares, wrapped them individually and put them in the freezer. They were awesome snacks. I got to enjoy my whole cheesecake, and I never ate too many cheesecake calories in a single week.
1970 days ago

**CD13202979**

Wow! What an incredible temptation. Did he really think that by removing the nutrition information that you would just eat it?
1970 days ago





VANILLASKY15

I hope you will enjoy your piece of cheesecake
1970 days ago



SYLPHINPROGRESS

Oh, BB, in response to your final two sentences: Has no one ever taught you about one-handed typing? If you've gotten this far in life unaware of it, you'll have no problem sticking to one piece of cheesecake.

Happy Birthday to the wily Serpent.
1970 days ago



SLIMMERJESSE

OMG, what a temptation that would be for me and my love for all things cheese. (smiling)
Happy birthday to him.
1970 days ago



PRNCSCUP1-2FULL

Happy Birthday to your husband!! What a fabulous blog! Yeah.... What about those 0 g. sugar on the Spark Tracker? No way! And, the sugar and saturated fats are now what is NOT to be consumed according to the USDA! A lot of both in that cheesecake.... Alas! Not the entire cheesecake, but your half of it! All I can end with is WOW! And, of course, yay you!!
1970 days ago



CRASHINGWAVE

Yeah, that's all good...pick it up, throw it in the garbage can. That's more positive than suffering all day.
1970 days ago



MISCHAKEO

I love your ending statement..if I am typing, I cannot be eating. I think you are ready to face the cheesecake and conquer your cravings!!!! Happy Birthday to your husband. I also love cheesecake and would limit myself as well.



1970 days ago



ONEKIDSMOM

Way to crunch the numbers! Reality check! Nope, "not my food". ONE slice, maybe, in totally over the top celebration mode? Yes, BUT... considering the impact on my sugar-fat addicted brain? Not a good idea to even have ONE slice, unless I'm willing to go through detox all over again!



Good luck with your ONE piece. Looking forward to the upcoming blogs as you work your way AROUND this temptation! Hopefully that's a metaphorical "around", not involving consumption of



more than that one piece!
1970 days ago

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