



BROOKLYN_BORN

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Eat what I want? Yep, I'm doing that!

Thursday, January 21, 2016

Last night DH & I were having dinner - spaghetti, which I carefully weighed on my food scale before cooking it. He also threw 2 thick slices of garlic bread in the oven and asked me if I wanted some. No thanks - and that was that.

It reminded me of recent posts/discussions about food pushers and the methods they use.

I've often heard "life is short, you should eat what you want."

I AM eating what I want!

When DH offers me a muffin or a cupcake, I offer him some oatmeal or yogurt.

End of discussion.

(I LIKE oatmeal and yogurt mixed together.)

I AM eating what I want. What's different is WHY I want it.

I WANT to eat tasty, nourishing food.

I WANT balanced daily nutrients.

I'm one of those for whom the SPARK range recommendations work just fine)

I WANT food that allows me to lead an active lifestyle.

DH's birthday cheesecake turned into a 3 day saga. It's gone now.

The final score: DH 7, Me 3, Visitor 2

I WANTED to eat some of his cheesecake. It was his birthday and I love cheesecake. I would have preferred if he didn't choose one that weighed 2.5 pounds, but after nearly 49 years of marriage, I choose my battles.

Cheesecake tastes good to me, but other foods taste good to me too. I've broadened my food horizons.

In my pre-spark days the problem was that I ate too much food. When DD#1 gave me a food scale, it was eye opening to discover that my plate of spaghetti was nearly twice the "serving" listed on the box. Ice cream - 4 times as much.

No wonder I was gaining weight in spite of an active lifestyle. I could not outrun my fork

Conversation at a pot luck dinner:

Didn't you have any lasagna?

No, I just WANT to have a lot of that bulger wheat salad. It's wonderful. Did you try it?

End of discussion!

I AM eating WHAT I WANT!

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This mentality has developed over time.

Thank you to sparkers whose wise words echo in my brain.

"Eat what's in the bag" and "Not my food" (One Kid's Mom and Watermellen, I think)

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MARYJEANSL

I smiled when I read your reference to bulgur wheat salad. I forget why I first chose to make tabouleh many years ago, but I did, and was absolutely amazed to find that my two older kids LOVED it. They still do. It's just so time consuming to make that I avoid making it. Definitely one of their favs. I can understand why you would choose it. :-)

1961 days ago

Comment edited on: 1/26/2016 3:27:01 PM



CD4114015

 blog and this eating makes me HAPPY!

1964 days ago



ALICIA363

Like!
1965 days ago



MJZHERE

Portion control - my weight goes up, I struggle with the portions as I get hungrier. I know to up the veggies, fruits, etc. but it takes me a while - the rebel comes out in me first.

1965 days ago



CD4199227

Love it can't outrun my fork!

1966 days ago



EGRAMMY

My father used to say "we'd rather see you eat it and be sick, than have to throw it away." I hope today's parents are more educated to healthy food.

1966 days ago



LEXIPEDIA79

That was inspirational. I can relate to not being able to out run my fork.

1966 days ago



TERI-RIFIC

Well put! That's what we all aim for!

1966 days ago



PHEBESS

YES!!!!!! DH is constantly offering me some of his (high calorie and high fat) food - I'll have to start offering him some of whatever healthier item I'm eating!!!! Because I seriously do NOT like donuts, or hot dogs, or burgers, or whatever. I LIKE my grilled chicken, or a salad, or fruit, or whatever it is I'm eating.

So thank you for that strategy!!!!!! BRILLIANT!!!!!!

1966 days ago

KRISSY82

You're doing great! I love cheesecake too, but my problem is that I cave too easily. I sometimes even eat stuff that isn't good for me that I don't love because it's THERE in front of me. I'm getting better at it though, and reading your blog helps me quite a bit! Keep up the amazing work and the awesome attitude.

1967 days ago



WUMPASTAR

Sooo true. I think a lot of food pushers actually push their own desires unto others, thinking everybody loves sweets, or fatty/salty foods, etc. Hey, even I have been guilty of this before.
1967 days ago



PHOENIX1949

1967 days ago



WELLBEING67

YES! I only eat what I want, and I don't want THAT. Very powerful statement - cannot be

argued with.
1967 days ago

Well Said!



WILSONWR

It sounds like you have really succeeded in making a habit of eating healthy. We can't give up all of our favorite foods, but you did pretty good in limiting the cheesecake "damage." Some things are just worth a little more exercise...

1967 days ago



MILLEDDGE2

Great post that really resonates! I'm going to re-read this several times across the next few

days til I get it set in my default-response part of my brain. Have a lovely and healthy day!
1967 days ago

Well Said!



CD13354694

1967 days ago



LIVINGLOVINLIFE

Great post.
1967 days ago



SLIMMERJESSE

Great blog!
1967 days ago



LIVEDAILY

I like all of those phrases! They're a catchy, light hearted way to help you remember to do right!
1967 days ago



WATERMELLEN

Such a great blog, and so important.

I eat what I want -- and yesterday that meant NOT having a huge gooey slice of chocolate birthday cake at work celebrating one of my colleagues. Joined the celebration, sipping black coffee instead.

Was it delish? I'm sure it was. But: not what I WANTED!!!
1967 days ago



KELLIEBEAN

I LOVE the way your mind works!



1967 days ago



NELLJONES

It can be a shocker to see what a serving really looks like.
1967 days ago





GINIEMIE



" I could not outrun my fork " I saw this and started laughing, then immediately sobered up. 1. I don't run. 2. I know I overeat and it seems I'm worse when I don't feel well, which propagates more not feeling well....I have to stop the cycle now.

I have a pot luck to attend at the end of the month, I will take something healthy in the category I'm given and "eat what I want" but I WILL PICK HEALTHY and only pass through once. Good blog



1967 days ago



MISCHAKEO



I love this blog. That is what I am facing today..another potluck filled with unhealthy things to eat. I simply eat what I want and ignore the rest. I have always loved the comment, " You cannot outrun your fork."

1967 days ago



MARILYNJ63



Good blog. Enjoyed reading it.
1967 days ago



ONEKIDSMOM



Love it... I AM eating what I want... that's true for me, too. What I want is what has changed..

As for whose words / phrases that have gone "Spark Viral"... I don't remember myself or WATERMELLEN copyrighting them: you OWN them by using them. Today I shall "eat what's in the bag" AND anything else is "not my food". Hey, we may say it in slightly different words from Beck's "No Choice" at times, but here we are, a Spark community, thinking and living as MAINTainers... like "thin" people!



Spark on!

1967 days ago

Comment edited on: 1/21/2016 7:18:00 AM



ALAUGHS



Well said...you got this!
1967 days ago



JERZRN




1967 days ago

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