



154,944



Info

SPARKPEOPLE®



Photos



Feed



Awards

More



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!



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

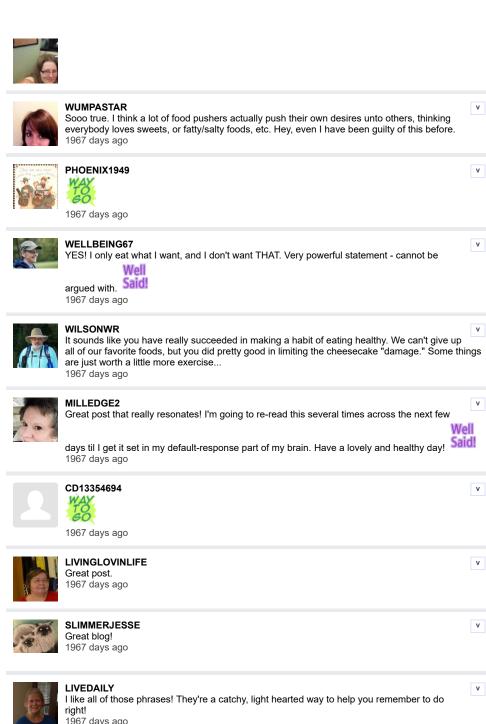
Multitasking for Safety - Plus Remembrance and Reflection - 6/1/2021

Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021

View All >

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) Edit Blog Entry | Delete Blog Entry Share This Post With Others Report Inappropriate Blog **Member Comments About This Blog Post 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 ٧ blog and Agree this eating makes me HAPPY! 1964 days ago ALICIA363 ٧ 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 vegees, fruits, etc. but it takes me a while - the rebel comes out in me first. 1965 days ago CD4199227 ٧ Love it can't outrun my fork! 1966 days ago 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 ٧ That was inspirational. I can relate to not being able to out run my fork. TERI-RIFIC ٧ 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



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

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



KELLIEBEAN

I LOVE the way your mind works!



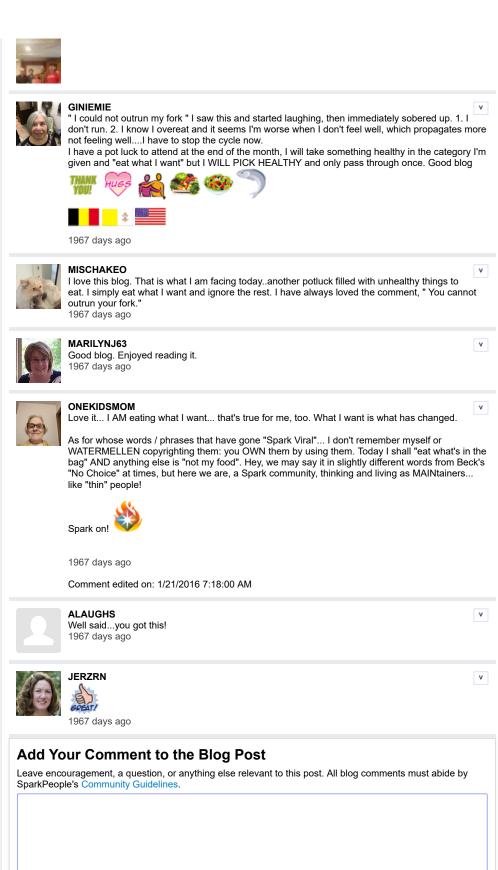
1967 days ago

NELLJONES

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

٧

٧



ADD AN EMOTICON SPELL CHECK ☐ Subscribe to this blog **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.