



# BROOKLYN\_BORN

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## Food for the Body, Mind and Spirit

Tuesday, July 04, 2017

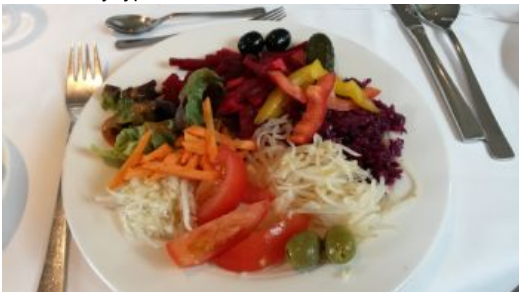


OK, I am on a cruise after all, so you know there will be food. We're also visiting 5 countries along the river and the food is part of the culture. So how to keep my MAINTenance goal in mind while still thoroughly enjoying the experience?

Breakfast is easy. I get coffee and juice at the "Early Bird" breakfast and go out for a run as I described in my earlier blogs. Afterwards, I join Joe at the regular breakfast - a full buffet where I choose oatmeal, yogurt and fruit. Occasionally some scrambled eggs

Lunch is a combination. There is always a buffet of beautiful stuff

Here's a my typical salad. Isn't it colorful?



Then there are delicious soups like this



A small entree is also offered  
I always order those too. These are cabbage rolls

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I never turn down dessert either. Each is special for the region and really not a large portion



We are offered a full course dinner with appetiser, soup and a choice of entrees and desserts  
I never skipped a course.

However, it's not all about the food. Most mornings, afternoons and a few evenings we are off the ship on learning and discovery tours

A medieval French village where a "Viennese celebration" was in progress



A "Stork Park" where once endangered birds breed in a protected environment.  
These are 2 weeks old



A huge Roman Museum in Cologne, Germany with more artifacts than I've seen anywhere outside of Rome itself.

Huge room sized mosaics



Joe with some 2nd century friends



Through the window behind a glass collection of thousands of pieces you can see the Cathedral.



As we sailed from one place to another, history passed before our eyes





We visited local people in their homes and in their workplace  
In a small village a fisherman who had done this work for 44 years described his day (4 am - 7 pm) and even played his accordion for us



A shoemaker showed us how wooden shoes are made.



Yes, they are still worn by farmers and millers (those who live in and work the traditional windmills)



Everywhere onshore there were many opportunities for food and drink. I decided ahead of time that I would not "graze" and only sample items that we wouldn't get on the ship or looked really interesting.

One delicacy I was not tempted to try.

This is Jorn, our program director, demonstrating the proper way to eat herring.



Not a big decision since I'm allergic to fish.

Is my weight still exactly the same as when I left home?

The scale onboard is suddenly not working, so I can't be sure any longer.

Once home I will update whether I was able to outrun, out-walk, and out-tour my fork.

Happy Birthday USA!

I am very grateful for my freedom and the ability to visit these wonderful countries and share their pride in their own countries.

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**TOMATOCAFEGAL**  
WOW. THANKS FOR SHARING.  
1426 days ago





**\_LINDA**  
GREAT  
AWESOME JOB!



So interesting to see how other cultures live. So different, so much older and with much history compared to the new North America. Glad you allowed yourself to fully immerse yourself in the trip, including the food without obsessing over weight gain or fitness issues. A vacation is meant to be enjoyable and relaxing not stressful!



1429 days ago



**SHAMROCKY2K**

Thanks for alerting us to this travel blog. What a great way to see the world!



1429 days ago



**PATRICIAANN46**

What a fabulous trip you had!!!! My DH and I would love to do a River Cruise.....maybe after I get my new spine.....



I would love the part where you can go into the homes and workplaces of the local people. What a wonderful way to learn about the regions and customs. The countries that I would definitely like to visit are Germany, Austria, Switzerland, Scotland, and England. I have family in Scotland, England, and Germany.

I am so glad that you and Joe had this opportunity. You can share all of these memories for the rest of your lives.



1429 days ago



**GRACED777**

Loved your choices and your pics!



1430 days ago



**LOVELY\*LADY**

nice pictures

1430 days ago



**LOVELY\*LADY**

I want to go meatless, but I like meat

1431 days ago



**CD17528039**

Wow, this looks SO WONDERFUL. And good for you that you don't throw all sanity to the wind when you are on vacation, regarding your food. Smart thinking.



1432 days ago



**MTN\_KITTEN**

Ohhhh ... the memories.

1433 days ago



**YELLOW09RED**

It's a beautiful blog.

I love the picture of the Cathedral.

Thank you for sharing your cruise with us.



to Joe,  
hope you both had fun everyday there.  
Welcome back home.

Hugs & smiles,  
Debbie

1434 days ago



**KURTZIE1998**

Great photos' and what a wonderful trip, my dad was born in Cologne Germany. I am sure you did well, even if you gained a lb or two, you had a lifetime experience. Hugs



1434 days ago





**PACEKA1**

What beautiful photos, thank you for sharing them with us. And what a lovely adventure you are having!

1434 days ago



**LOSEDAPOUNDS**

It was helpful to see what you eat on a cruise given how successful you have been with weightloss! Loved the photos. Please keep them coming! I myself would have tried the herring, but I don't have a fish allergy. I remember as a kid my parents would occasionally buy pickled herring and I LOVED it.

1434 days ago



**HEALTHYANDFIT27**

Love the pictures! Your behaviors are a great example of moderation! Thanks for sharing!

1434 days ago



**CD17462428**

Thanks so much for sharing your pictures with us. Love the combination of history and vacation.



1434 days ago



**CHAYOR73**

What a wonderful trip you're having!!



1434 days ago



**CD4114015**

Great blog and vacation! Thanks for sharing them!

1434 days ago



**GINIEMIE**

Sounds wonderful, I'd like to see a working Windmill, they were a fascination of mine as a child and remain so now. Although the last few trips I've not seen as many as in eras gone by. Enjoy your trip, looking forward to your tips and help with planning a trip for Erik and me. Love how you sample and keep it healthier. I don't do herrings either, pickled or in sour cream. Had to serve them back in the day when I worked in a Jewish Country Club. Gossed me out back

then, and I'm not allergic to fish.



1435 days ago

Comment edited on: 7/5/2017 1:45:18 PM



**REDROBIN47**

Thank you for continuing to share your adventure and your pictures. I find them so interesting. Sounds like you have a good plan for eating and I'm betting you won't gain much with all your activity and careful selections of what to sample.

1435 days ago



**WATERMELLEN**

What a wonderful blog -- you're eating sensibly and keeping busy and doing just great on a memorable vacation!!

1435 days ago



**MARYJEANSL**

It sounds like such a wonderful trip! I do envy you. I actually have tried herring. It was many years ago, when I was a student backpacking through Europe. I was in the Netherlands, and decided I just had to try the herring. I remember I ate it very quickly, because I wasn't sure I would be able to make myself finish it otherwise, but I don't really remember what it tasted like. I didn't like the texture of the raw fish, but I think it was a fairly mild flavor. I loved the french fries with mayonnaise there and in Belgium, though. Talk about a fat bomb!

I am betting on you to, when you come back home, weigh just what you did when you left. :-)

1435 days ago



**SMILINGEYES2**

Great attitude and self control without being too restrictive so deprived. Looks like fun. Enjoy.

1435 days ago



**NANASUEH**

Looks like you're having a grand time! Love the pics!



1435 days ago



**SHAWFAN**

Sounds, and Looks like, a Wonderful time!! Happy you're having such a great time!

1435 days ago



**RAZZOOZLE**

1435 days ago



**NANCY-**

Hope you had a wonderful 4th.  
WTG Sounds like you have this trip fitting your needs.

1435 days ago



**SKYDRAKE**

Great pictures. You are having such a lovely time. You are probably burning off any extra calories. Plus, keeping up with your running and healthy breakfast, is applaudable. (I think I just made that word up. But you know what I mean.)

1435 days ago



**ELAINEB1972**



1435 days ago



**DOVESEYES**

Thanks for sharing your amazing trip, what wonderful healthy fare they serve. Love the idea of meeting the 'real' people of the area. Enjoy.

"whether I was able to outrun, out-walk, and out-tour my fork" love this I'm sure you will do it or be very close.)

1435 days ago



**THOMS1**

Thank you so much for these beautiful pictures and blogging about your trip!!

1435 days ago



**AZMOMXTWO**

what a fun time it looks like you are having a great time

1435 days ago



**LIVEDAILY**

What a wonderful experience you and Joe are having!! I think with your daily runs and with all of the walking excursions plus the careful food monitoring, you will be fine when you get home!!

1435 days ago



**QUARTERMASTER3**

Seems like a great trip, wonderful pictures. Enjoy.

1435 days ago



**PHEBESS**

I LOVED the salads on our cruise - great for lunch, and often at dinner I'd have a soup and then the salad enlarged for my main course. And yes, a small dessert, very often the sugar-free versions. Oh, and the fruit soups!

That Viennese festival looks amazing!!!!!! I want to go on a river cruise now!!!!!!

1435 days ago



**1STBUCKETITEM**

Such a wonderful trip... thanks for giving us a virtual tour! Happy 4th!

1436 days ago









**MORTICIAADDAMS**  
It sounds like a wonderful time!  
1436 days ago



**ECOAGE**  
 just beautiful !!!  
1436 days ago



**GLORIAZ**  
I love the French village and other pictures. You certainly are learning a lot.....so am I!  
Thank you!   
1436 days ago





**CD4114015**  
Great pics and blog and same to you!  
1436 days ago



**MISSDORKNESS**  
I love the decadent offerings in small portions... those are the best! Sounds like such a fascinating trip, enjoy!  
1436 days ago



**DAWNDMOORE40**  
 for sharing! I am glad your having a wonderful time and getting to enjoy some wonderful food, but you are being smart about your food choices and that is wise! I hope the rest of your journey is a good one!  
  
1436 days ago



**CTYONIT**  
WoW! What an incredible experience! I am glad to see that you are also enjoying the food experience part of it. You are very wise to not "graze" but rather sit down and fully savor the specialties.  
You are doing a great job.




The pictures are beautiful!

Enjoy. 




1436 days ago



**ANGIEN9**  
 Enjoy!!  
1436 days ago



**DONNALEE-53**  
  
1436 days ago



**DSHONEYC**  
Sounds like a wonderful trip with gorgeous looking and healthy food!  
1436 days ago



**GREYTDOLPHIN**  
Thanks for sharing the pics. They are delightful.  
1436 days ago



**VISUALLYRICS**



Happy 4th  to you too!



WOO!  
HOO!

So proud of you for great healthy decisions .....an example to me of what healthy lifestyle looks like. Happy that you are having such a good time travelling.



Enjoy every moment, Laura  
1436 days ago



**JUNEAU2010**

What a wonderful trip! I appreciate your tips for staying on track and being able to enjoy the food without going overboard. I love herring and most other seafood. Being allergic would be a challenge!  
1436 days ago



**LINDA!**

I love the photos. So scenic. I am so happy that you have thoroughly enjoyed your trip.  
1436 days ago



**MARTHA324**

Wonderful words of wisdom! We have to be able to enjoy life and paying attention to ourselves is part of that. Doesn't mean we can't enjoy some new food. And if you gain a couple of pounds? so what! You know exactly what to do when you get home.

Vacations are wonderful and a chance to change it up which is good for us. Love the photos. Looks and sounds like a fantastic vacation. We are looking at doing a river cruise next Spring.



1436 days ago



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