



BROOKLYN_BORN

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“You’re eating all the time” said DH

Friday, February 08, 2013

He once compared me to a chipmunk – always looking for food.

That’s an obvious exaggeration but in a sense he’s right. I have 2 snacks in the afternoon and sometimes another after dinner. I’d call it a delayed dinner dessert, but who eats Greek yogurt for dessert. No mid-morning snack for me since that’s when I’m usually working out.

I’ve learned to control my portions at meals and conscientiously use my food scale. I can really delude myself when I’m measuring a “healthy” food. I’m capable of consuming enormous quantities of healthy food. Something about “it’s good for me” distorts my vision as to portion size.

Through trial and error I’ve found the ranges and nutrient balance that work for me and with the help of SP now know which foods provide them.

I was thinking about this because of 2 SP articles.

On Wednesday I read: “Eat more often, lose more weight”

www.sparkpeople.com/resource/nutrition_articles.asp?id=1144

It’s important to read beyond the title. It’s not for everyone. I like the statement.

“If five to six meals a day sounds appealing to you, try it. If not, stick with what works for you, but don’t stress.”

On Monday SP invited me to read:

“Can you cheat on your diet and still lose weight”

www.sparkpeople.com/resource/nutrition_articles.asp?id=1753

I have no opinion on this, since I don’t consider what I’m doing a “diet” nor do I consider it “cheating” when I don’t have a perfect day of eating.

Still, the premise of the article makes me feel like an oddball. Specifically, it describes:

“feeling obsessed or exhausted of counting calories” and finally,

“I think everyone would agree that...daily calorie counting is a big pain in the butt”

Oh dear! I LIKE the data, information and even the challenge of my daily tracker.

I love considering “what if I eat this not that.” What effect will a specific substitution have on my nutritional balance? I don’t try to compute that while standing at the buffet table, but over time, I internalize the result.

I like my results and years of maintenance. I don’t get stressed by anyone claiming to know EXACTLY

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what everyone should do. For example

Don't pay attention to X, it's not important

Do it my way; my expert is smarter than that other expert"

Calories in/calories out worked and still works for me after a quarter century of personal excuses. I hope everyone finds success on whatever path that is.

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MJZHERE

Alright - so this isn't "normal" - my dessert is greek yogurt also after dinner.
3046 days ago



MISCHAKEO

I agree with you. Let everyone find their own path to health. I am glad you are successful and have found yours in maintenance. Great job.



3047 days ago



GINIEMIE

Yep, I don't care to hear "cheated on the diet". I ate too much today, or I didn't balance my nutrition today sound less bad me/bad girl like.
I am trying to get so I can balance the nutrients as well as stay in my calorie range. I'm glad we have the ability to check that on our nutrition tracker too.



Thanks for a thoughtful blog.



3048 days ago



WINDSURFNERD

Good blog! The title of the 2nd article made me think about "dieting" and "cheating"...for me both of those are "loaded" words that carry emotional triggers. However, the word "eating" is neutral--like "sleeping" or "thinking"--these don't carry bad/good-person overtones because they are a natural part of daily life.



But "diet" means "I have to do something to myself (to fix me)" and "cheat" means "to take an unfair shortcut"; both of these words imply there's something wrong with me or my principles.

So I guess I'd rather say "I ate too much" than "I cheated on my diet". Anyway, thanks for another thought-provoking blog!
3048 days ago



CD12377922

good thoughts...our bodies are very individual and we all have to find out what works for us..I



can;t have too much sugar . It just rattles me...but everything in moderation works...
3048 days ago



MISSB8604

I've found that not everything works for everyone and we've got to find our own path! You rock!
3048 days ago



DR1939

I'm with you. I like the data.
3048 days ago



CD8467616

What's that phrase? If it ain't broke, don't fix it?
3048 days ago



**SLENDERELLA61**

Great blog! I feel much more in control when I track nutrition, but I can't say I'm crazy about tracking. If I could maintain either way and feel pretty confident about the nutrient balance, I would skip it. Glad you really like it. As far as number of meals and snacks per day, I probably am at the maximum number for good sense and maintenance, usually 5-7 per day. I think aiming for 5 would be a good goal for me. I always want a snack after my morning workout, and then usually with my grandkids after I pick up the kindergartener. If we eat at 5 or so, I often want a snack at 8 and then around 10. I've found if I skip the late snack, I often don't sleep as well, or find myself getting up to eat which I really don't want to do. So, I'm trying to decide which snack to cut out and haven't decided. Anyway, thanks for raising the issue.
3048 days ago

**JOYNEW**

I'm with you - we have to find what works for us individually. I like tracking too, but I'll admit when I'm not doing well, I don't love tracking. It's so much to track and remember. Maybe that's what it is about tracking that keeps us on track. While you're eating, you're really paying attention to each food and the quantities because you have to go back to your computer and log it all!
3048 days ago

**SUZYMOBILE**

Absolutely! Finding out what's right for you is a long process of trial and error. I eat an enormous breakfast and lunch, an afternoon snack if I feel hungry, then a moderate dinner. I just need to control the midnite snacking these days.
3048 days ago

**WILSONWR**

You're right - we all have to find what works for us. I track my food all the time and don't mind it. I may not like the results when I'm eating unhealthy, but I sure know what caused the weight gain!!
3048 days ago

**CELIAMINER**

Like you, I experimented to find what worked best for me, and I've tuned out the know-it-alls who think I'm doing it wrong. It turns out my 5-foot-and-change, 90-something pound personal trainer has similar eating habits, and she used to be a competitive body builder. For me, what works is protein and my coffee for breakfast, lots of water and decaf coffee through the morning, more protein for lunch, a healthy snack every 1-1.5 hours in the early afternoon (usually totals up to a meal of about 350 calories), then the bulk of my calories with a good, satisfying dinner.
3048 days ago

**COCK-ROBIN**

And you are an amazing success!
3048 days ago

**CD10259955**

Love this and kudos to TIGGERJEAN as well! What a great way to look at it; add the healthy in a little bit at a time, and eventually there will be no room for the unhealthy! I still haven't found my formula, but I'm not giving up!
3048 days ago

**TIGGERJEAN**

I am in complete agreement with the whole 'diet' mindset. I do not diet. Period.

The whole premise of dieting focuses on taking away 'bad' foods and forcing a rigid (and often artificial) regime. Guilt - stress- and feelings of deprivation.

If the goal is to be healthy - then the focus has to be on adding things. Add an apple to your lunch and a 20 minute walk. Add some morning stretches and a couple of glasses of water. Looking for things to add and creating new habits is a lot more sustainable than forcing yourself stop long held habits.
3048 days ago

**SWEDE_SU**

we all have to find our own path - and support each other along the way. one thing the many options - and the many successes - here at SP show is that there is no one size suits all, but many different choices that work for some, not all. the trick is to find the one that works for you and to find the support within that group. and that's what SP is all about - whether you are a food tracker, a scale maven, or a fitness buff!
3048 days ago

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