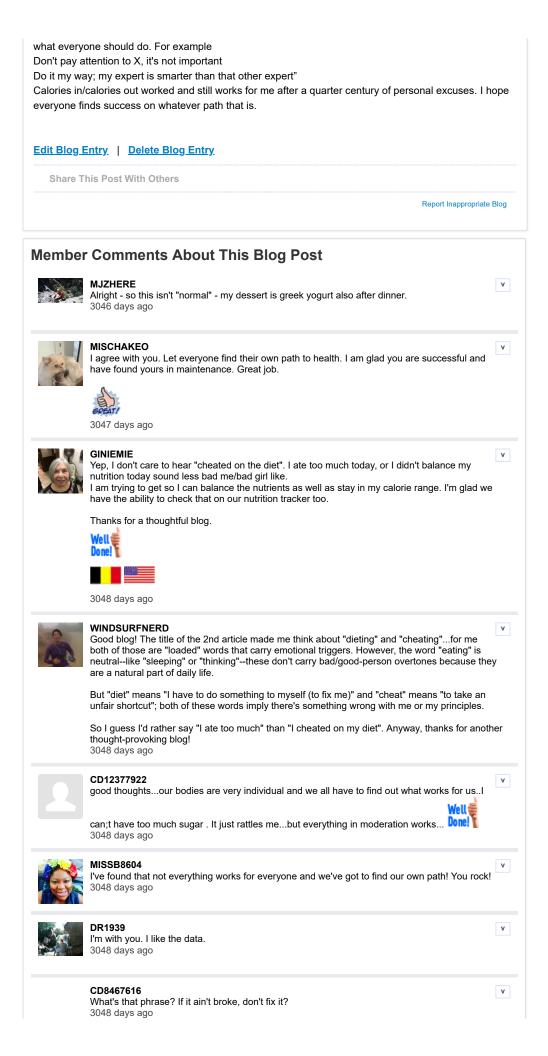


I like my results and years of maintenance. I don't get stressed by anyone claiming to know EXACTLY





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 snackt, 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

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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

v 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 WESOME

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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