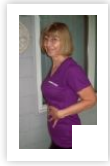


LOG OUT



BROOKLYN_BORN

 Change Banner Image

154,981
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  Awards
- More 

I eat breakfast with SparkPeople. Sometimes lunch too

Monday, January 28, 2013

Bet you didn't know that you're my meal companions.

Does this lead to "mindless eating?" Not for me. I know that this defies the conventional wisdom that to be successful in weight loss/maintenance you should not do anything else while eating. I found that to be true for watching TV or even reading a magazine, but not for my morning SP ritual.

DH & I are always up before 6 am. We don't even need an alarm clock. Maybe it's a residual effect from all those years of work, but our internal clocks are permanently programmed this way.

He makes coffee, just as he's done for 45 years. He eats breakfast #1. I just have the coffee. I'm never hungry first thing in the morning. He will return for breakfast #2 and sometimes #3. I prefer not to see that.

Then it's on to email and favorite sites. Obviously that's where I am right now. SP accompanies my coffee refills. I sip, I read, I sip I blog, comment, post etc etc. Finally I get my breakfast, the same one I've eaten for 15 years. Back to SP. I take a bite, I read & post, take another bite, and repeat over and over. It takes a long time to finish peanut butter on WW toast with OJ when you keep stopping to type.

If my hands are occupied, they're not holding food or a glass. That's off to the side. I keep my keyboard clean. I was a technology coordinator after all, and I practice what I preach.

Sometimes lunch follows the same pattern with the same result. I find this method actually slows down my eating. Plus, the SP reading is motivation to continue a healthy routine. When I'm entering my daily meal and snack plan in the tracker, it discourages going back for more food.

Perhaps this is just one more example of my "oddball" behavior or a retired person's version of "eating at your desk."

Note, this doesn't work for dinner. DH & I always eat together at the table like normal people.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

 [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 >](#)

Member Comments About This Blog Post

v



SADWHITEWOLF

I eat my breakfast and have my coffee Mon-Friday with SparkPeople!

3057 days ago



SWEDE_SU

for me it's the morning coffee and SP. i spend the first hour before starting work like this, like you...

3057 days ago



GINIEMIE

I'll be having breakfast here shortly, and my lunch when Erik is out is with you. I found when I was teaching that was the best time for me to get my recording into the tracker. I weighed stuff, put a sticky note in my lunch bag and then recorded what I ate. I find that I too eat less if I'm recording foods or reading blogs on SP.



3058 days ago



SUNSET09

I'm there with you having breakfast, and definitely agree about not overindulging while

tracking! It's good company for me as well. Whatever works for you!



3058 days ago

Comment edited on: 1/28/2013 10:49:51 PM



PHEBESS

I just had lunch with you too!

3058 days ago



WATERMELLEN

I tend to read the newspaper with my morning coffee . . . and I eat lunch at work, dinner with the evening newspaper.

DH loves to read too so it's really pretty companionable, reading stuff out to each other!

But: eating and Spark clearly work for you and nothing wrong with that at all! You've clearly got lots of people here who agree . . .

3058 days ago



CHESAKAT41

I eat at the keyboard many mornings also as I am Spark'in! I enjoy it and I am accountable for what I put into mouth. Nice blog. LI, NY sends you a wave...



3058 days ago



WILSONWR

I don't do it every meal, but my breakfast is usually eaten while reading/posting (whenever I'm home anyway). As long as you don't just eat mindlessly, I see nothing wrong with it at all!

3058 days ago



MNNICE

Meal times is about the only time I have to "spark". Besides, if I log my food while I'm eating I won't forget what I ate!

3059 days ago



POINDEXTRA

So that's the secret to eating slowly. I eat WAY too fast, but never seem to be able to slow myself down. I often eat at my desk at work, but I tend to bolt it. Perhaps this will help me. Take a bite, type a few sentences, take another bite. It's too late for me to try this for lunch today, but I'll definitely try it for tomorrow's.

3059 days ago



CD13252816

Fantastic idea and one I'll try myself. I have a tendency to eat too fast so this should give me some inspiration!



3059 days ago



BOILHAM

Sometimes I have to brush Cheerios off the keyboard in order to type. I've learned that banana favored milk is a good conductor of electricity.
3059 days ago



CD8467616

Having tea with honey and lemon right now. Oh, excuse me, got to get the muesli off the stove before it burns!



3059 days ago



CD13136117

I should really try this, as I eat much faster than I should. I don't like foods that should be hot/warm to be cool, and visa versa - so I eat fast. Thanks for the tip!
3059 days ago



CAKEMAKERMOM

I realized the other day that it takes longer to eat when I'm occupied on the computer too. The computer keeps me busy, so it takes longer to eat, therefore I'm full on less food than if I were to just sit and eat.
3059 days ago



OHSNAPITZKAT

Wow, I might try this. It's seems like a great way to start the day encouraging and inspiring people and letting other people encourage and inspire me.
3059 days ago



LINDAKAY228

I do pretty much the same thing!
3059 days ago



DR1939

I have an established routine in the morning. Rise, void, weigh. Make coffee, take blood sugar, get first glass of water to drink while coffee finishes, Spark, drink coffee. When my husband gets up I take medicine that needs to precede my meal by 30 minutes, then 15 minutes later begin to prepare breakfast--always the same thing, mini bagel, low-fat cream cheese, salmon, 6 cherry tomatoes, 1/2 red bell pepper, 2 mushrooms (last 3 broiled), 1/2 grapefruit, and my morning medication. We eat these in the family room while we discuss the day's plans.
3059 days ago



CELIAMINER

I hadn't really thought of Sparking over meals like that, but it makes sense, so I need to let go of the mild guilt I feel for not eating "mindfully." Since I have no problem enjoying a good dinner and conversation with DH, how much different is it to enjoy my breakfast or lunch with Spark buds?
3059 days ago



SUZYMOBILE

Usually me, too, but this morning I changed my pattern in order to eat breakfast on the lanai with my hubby and dogs. It worked out well.
3059 days ago



COCK-ROBIN

It's what works for you that is important, and no better companions to eat breakfast with than



Spark People!
3059 days ago



COCK-ROBIN

It's what works for you that is important, and no better companions to eat breakfast with than



Spark People!
3059 days ago



COCK-ROBIN

It's what works for you that is important, and no better companions to eat breakfast with than



Spark People!
3059 days ago



MOOSLADY

I usually get up before 7am, weigh, get my coffee and check facebook and sparkpeople before I cook breakfast for the family. I look forward to seeing your morning blog before breakfast. Since the kids are at home all day, we often eat breakfast as a family. Lunch I eat at my computer. I





prepare my planned meal and sit in my chair in the living room and nibble my way through it. Because I only take with me what I planned to eat, I don't overeat. So I guess I eat lunch with you! Supper is at the table with all of us. My husband, before he switched to night shift, used to do the dinner #1 then another small meal in an hour then a snack before bed, just like your husband's breakfasts. (Could your husband be part hobbit? don't they do second breakfast?) Of late he has been trying to control his blood sugar by measuring carbs and using less medication so no more of that. All meals/snacks are carefully planned. I think he still feels a bit like I am micromanaging his life sometimes. See you her for lunch...

3059 days ago



PMRUNNER
I am usually up with baby Henry, eating some oatmeal or cereal, drinking a cup or two of coffee and enjoying my morning spark!

3059 days ago



NANNABLACK
AWESOME

3059 days ago



SLENDERELLA61
I haven't tried that. Not sure it would work for me, but really glad it works for you!! Thanks for posting. Keep up what obviously works beautifully for you.

3059 days ago



CD1479887
Well Done! AWESOME

3059 days ago



CD13167855
Lunch sometimes.

3059 days ago



CD10259955
I usually have breakfast with Sparkers too!! It's a nice way to start my day!!

3059 days ago



MISCHAKEO
That was cute. I drink coffee and get hot refills while I Spark. Enjoy your Spark meals! You seem happy and are enjoying your life. I find Spark keeps me focused on maintaining my weight, Plus you usually learn something!

3059 days ago

Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

[ADD AN EMOTICON](#) [SPELL CHECK](#)

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.