



# BROOKLYN\_BORN

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## Too much healthy food? Good thing I have a “parole officer”

Saturday, July 06, 2013

Sometimes you just have to get back to basics. I've been happily busy lately with family activities. I've been running and walking and kayaking and being just plain active. My fitness tracker reflects all of this.

I've been preparing healthy food, some of which we've grown ourselves. I've been feeling very good about this. The fridge is well stocked with fruit. I even bought a fresh pineapple. I only drink water after my morning coffee and OJ.

What have I been neglecting? My nutrition tracker! It's been empty for over a week. So what! I've been living a healthy lifestyle, right? Uh oh!

One thing I never skip is my daily morning weigh-in. It's part of my routine just like brushing my teeth.

I don't stress over daily fluctuations. I'm realistic. It's a data point just like dozens of others in my life.

Can you guess where this is going? Yeah, day by day, ounces by ounces the trend has been up, up, up. Those ounces do turn into pounds, several of them.

Fluctuation means UP and DOWN. There hasn't been any down.

So I must face facts. I am eating enormous quantities of healthy food. Entering one day's worth into the tracker this morning confirms it. This cannot continue.

My weight is like another number in my life, the balance in my checking account. It fluctuates too – up and down. But if I ignore it and the trend is down, down, down, eventually I will bounce a check. I want to MAINTAIN a healthy balance there.

Similarly, if my daily weight trend is up, up, up, eventually I won't be in maintenance anymore and I LIKE it here.

So I keep track of the important numbers in my life. I don't stress over any of them, but I do want to face reality and not let things get out of hand.

I won't wait until the bank adds a bounced check fee and I won't wait until my clothes get too tight.

If my checking account balance is getting too low, I'll carefully monitor my spending. If my weight is headed out of maintenance range, I'll watch how much I'm eating.

Adding work-out time isn't hard for me. I like doing that. I've been “fit and fat” before. I like “fit and not fat” much better.

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So it's back to the trackers, BOTH of them, starting right now.

Note: I refer to my scale as my "parole officer." I explained my reasoning back on Jan 29th. "Appointment with my Parole Officer"

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**PIXIE-LICIOUS**

Its great that you've found what works for you with checking in with your parole officer! I admire people who can get on the scale and not obsess over the numbers. Unfortunately, I'm not one of those people. I tend to stress out too much over the numbers. Perhaps when I get to my goal weight and maintenance, I'll be able to handle the scale.



2898 days ago



**GINIEMIE**

I'm right here with you. I've been awful about tracking this past week. I need to get back to it, my scale is moving back up too. So, back to tracking early tomorrow morning. I'm going to be signing off soon, so I can finish a baby blanket for my niece who is one month old today.



2898 days ago



**MJZHERE**

I'm right there with you on this one. I am surprised at the quantity of food I can consume lately - healthy also. Good news for me is since off the meds the scale is dropping - it was hard to know what was what before this with the fluctuations and water retention, etc. The scale is my best tool still showing those upward trends no matter what is happening in my life. Glad you caught it right away.

2898 days ago



**CD13886868**

You're singing a tune I know the words to, LOL. I've been off the tracker for 2 weeks and I can see/feel it. Not ready (yet) for the mindful eating section of my weight loss journey where I can just not track at all.

2898 days ago



**MISCHAKEO**

I am a daily weigher also..and have gone through those times when the scale starts creeping up..Yes, even if you are eating healthy foods. Good for you realizing that you need to stop this movement! You are going back to basics and will soon start pleasing your Parole Officer!



2899 days ago



**RUNNINGAL425**

Ok, back on the food tracking bandwagon for me too!

2899 days ago



**SUSANNAH31**

That nutrition tracker is an essential tool for me! It keeps me real.

2899 days ago



**SUNSET09**

Going back to the basic put us back on track and help I realize where we got off track! I believe in that in many areas of my life. Everything in moderation. Thanx and enjoy your day!



2899 days ago

**WILSONWR**

You can definitely have too much of a good thing. I have to watch that all the time!

2899 days ago

**MERRYMARY42**

I am not gaining yet, but I can not lose anything, and this is because of all my fruit I have been eating. I realized yesterday at the doctor's he said cut down on carbs and take sugars out of my diet, (can you imagine) well he things sugar is keeping my er fungus artibe, so lets see if the change in my diet is going to work 2 ways, sure hope so, because I do get a healthy or unhealthy amount of sugar, daily

It is good you ar getting on top of it,

2899 days ago

**DAPHNE\_RUNS**

I laughed while reading your blog...this is happening to me too. I am buying the healthy stuff (fruits, vegetables, wheat stuff, etc...) but I forget to input my meals. Summer is here and I am active, but spending more time in the house so I am also looking in the fridge more often....not good. Thanks for reminding me too that is is time to get back to the basics....daily tracking.

2899 days ago

**MARYJEANSL**

You're smart to nip any potential problems in the bud!

2899 days ago

**BELLACUDDLES**

Yup, a calorie is a calorie, even tho the there are 9 calories per gram of fat, once you're over your "allotment", you start to gain. I still find the best way to keep track is journaling, and I do have a few frowns in my journal, of where I know I overate! We just have to keep trying and visualizing that slimmer person!

2899 days ago

**CD14034154**

I'm delighted to see that you caught on to what was happening with your body!!! It's hard for me sometimes, to determine, if what I'm doing this right or not. However, when I see the parole

officer give me a good report, then I know that everything is okay!!!

It's just going to take a bit of discipline, but it's doable!!!

Be blessed my friend,

- Nancy Jean -

2899 days ago

**DESERTJULZ**

Point on! You can be exercising a lot and eating extremely healthy foods and still gain because it is too much of a good thing. I've been doing a bit of that too. Tracking every bite, yet allowing too many bites. So we're both to a point where we have to not only track, but exercise some control. I like Watermellen's attitude that feeling hungry is good for us. :D

2899 days ago

**WATERMELLEN**

Oh yeah: too much of a good thing is . . . not a good thing!! Been there, know I'll be back from time to time, and hauling myself up before my own parole officer!!

2899 days ago

**SUZYMOBILE**

I'm there, too, my friend. And I'm even tracking every single day! My problem is that the daily total has been consistently a little high, and that doesn't work over the long haul. It's very hard to cut back on things that you've become used to, but I'm going to have to. Evening snacks are going to have to go, I'm afraid, and that's tough. And I've been letting myself get too hungry before dinner, so that I eat too much for dinner. Time for both of us to get back on track!

2900 days ago

**BOILHAM**

I do daily weigh-ins too. Mine fluctuate up and down. Still, my trend is a slow snail like even,





downward one. I like your thinking that if you don't see many 'downs' lately, it's time to take action. I do that, too. Great blog, as usual.  
2900 days ago



**DR1939**

I'm a numbers person. I have diabetes and I track my BG, weight, and blood pressure religiously. I also track food and activity. My last physician's visit shows the results of this. All of my numbers were where they are supposed to be.  
2900 days ago



**ANNIEONLI**

We have similar things going on! Sounds very familiar! You got this...time to track once

again..even the healthy stuff!  
2900 days ago



**COCK-ROBIN**

Wonderful blog!  
2900 days ago



**BOOKWORM27S**

Great blog!  
2900 days ago



**NELLJONES**

Isn't memory convenient? It's amazing that I can remember what everyone ever said to me, but unless I write down what I eat I will forget. My eyeballs are also convenient. Unless I weigh and measure, that 3oz hamburger will get bigger and bigger. For most of the history of mankind, food was food I think it is only within the last couple of decades that we have separated food into "healthy" and "not healthy". I wonder when "healthy" meant "more is OK if not better"? That banana may be two fruits not one, and 3 oz will suffice even though it's "healthy".

My bathroom scales get a daily visit, and my kitchen scale is part of my life. That way I never have to go through that gut wrenching gasp ever again.  
2900 days ago



**KELLIEBEAN**

I remember that blog, it has stayed with me. That is how I view my daily morning weigh-ins, I don't obsess, just a daily check-in to keep me mindful.

Excellent checking account analogy!



2900 days ago



**MIDROAD**

Thank you for sharing your insights. Constant vigilance is the key.

2900 days ago



**ONEKIDSMOM**

I can totally relate to the parole officer scale and also to the fact that failure to track can lead to creeping regain, even when WHAT we're eating is healthy. Too much of a good thing is still too much.

Good luck with your tracking your way back to center!  
2900 days ago



**CD12063550**

Huh, I never realized too much healthy food would add up to....but I guess that makes sense...  
2900 days ago



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