



BROOKLYN_BORN

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I must choose WISELY because I have been choosing POORLY.

Tuesday, April 01, 2014



I was halfway through the box of wheat thins when I realized that something was wrong. I wasn't unhappy or upset. This wasn't emotional eating. I just really liked the flavor of these crackers. I kept reaching for one handful after another.

This wasn't the first box I attacked. They were "on sale" and DH can't resist a SALE to stock up.

Some of you know that I live with the "Junk Food King" who keeps the "other woman" (Little Debbie) in our house all the time. I've learned to ignore her, but there was something about these crackers.

I've been hanging out at the very top of my goal range for a while now.

My excuses:

I'm training for a half marathon. I need the extra carbs.

I finished the HM. I must replace the glycogen stores.

The extra distance pushed my body into retaining more water.

And so on.

NO, that's not it. I'm eating too much - AGAIN.

Then I read this blog from Kanoe10

"Giving Mr/Ms Creep the Boot"

www.sparkpeople.com/mypublic_journal_individual.asp?blog_id=5659182

It was just what I needed to read. I'm not alone and like my spark friend, I'm going to turn this around.

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My data loving brain computed that diving into those crackers dumped 700 extra calories into my body without much actual nutrition. Still, that would only result in a few ounces of weight gain. The danger would be continuing the trend.

A trip to the supermarket provided some healthy alternatives.

I am capable of eating enormous quantities of food, including healthy food, but even I couldn't eat 700 calories worth of grapes, or carrots, even if I did dip the carrots in salsa.

It's a good thing that I have sparkpeople and my scale to keep me honest and accountable.

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MERRYMARY42

wow, 700 calories in those wheat thins, I like them, try not to buy them, and that is the reason why, but wow,

and a great comparison 700 calories of grapes or carrots would amount to what. I can visualize it, 2627 days ago

v



MARYJEANSL

There must be something about Wheat Thins, because they are my absolute FAVORITE kind of cracker. When I buy them, I snap at whatever offspring tries to eat even one. So, I usually don't buy them. It sounds like I am not alone in my liking for them. Good for you for getting right back on track!

2629 days ago

v



SMOKY_TEA

I think that the carbs in crackers set up cravings so that it is very hard to stop eating them. I have to struggle with these items too.

You have all the tools to beat the siren song of Wheat Thins!

2629 days ago



v



WATERMELLEN

I just love crackers too -- one of the things I'm better not having in the house!

2629 days ago

v



DOVESEYES

There was a great article yesterday on what 100 calories of healthy food can look like I was intrigued as to how much you can eat for that.

2629 days ago

v



POINDEXTRA

Gosh! I too have been fighting the creep lately. I'm still well within the bounds of a healthy range, but am higher than I've become accustomed to and my pants have gotten a little bit tighter. Thanks for reminding me that I'm not the only one!

2629 days ago

v



ONEKIDSMOM

Kanoe10's blog resonated with me, too. Although I got my wake up call nearly 100 days ago and started my turn around back to the land of diligence in December, it's something we as maintainers and athletes have to constantly keep in mind. We can't just mindlessly nibble! Or sip!

Well written, and great resolve. I, too, am grateful for the things that keep me on track, including

reading blogs like this one that remind me "I'm not alone"!

2629 days ago



v



GINIEMIE

Yes, I too have to watch it. I've been yoyoing around with the food tracker bit and found myself indulging in "saltines and milk" a childhood favorite. We have them in the house for Erik, and they present a tripping block for me, especially if I'm not getting enough carbs or calories.

I do that sometimes when I'm working around the house, but then I keep the bad eating habit,

v

even if I no longer need the extra-then whoops, "Here we go again!"
We know we are not alone and having to admit it to others reminds me to keep myself in check. I imagine it does the same for you.
Oh BTW I do remember those pictures of the "junk food".



2630 days ago



LINDAKAY228

I've done that to and currently putting the brakes on that kind of eating yet again, I know you can do it!
2630 days ago

V



MISSB8604

Wow, you have so much more control of yourself than I do. Nicely done.
2630 days ago

V



_LINDA

Well Said!

Right on! You rock!

Unfortunately, I have no excuses. I am the one bringing the junk in the house. Long hours, days and months of boredom, not being able to do much exercise because of a long, dangerously cold winter and a badly broken arm that hasn't healed since Dec. 23 has brought all my old couch potato habits back. Playing online games and TV watching. Living with Mom who loves to watch TV, my biggest snack trigger which is why I gave it up!

Because one of the breaks is the humoral head, any sort of movement is painful as its not supported by a cast(the surgeon is hoping it will heal straight, but every move I make shifts my shoulder) So maybe I have no excuses, but I have always preferred vigorous exercises and sitting around doing leg raises or squats and lunges puts me to sleep :P Hoping for some better news from the surgeon Wednesday.

Have a Fun April Fool's Day!

2630 days ago

V



CD13227574

Town House crackers are my trip up right now. Buttery and salty, taste great. At least I take out the portion size and track it but still...it's easy to do that and eat the box in less than 3 days. On the other hand, how many carrots are there in 700 calories!! Yikes!

2630 days ago

V



LEWILL1982

Funny, I always justified wheat thins as being "acceptable", but carbs are carbs and those empty calories add up. I have to watch myself and I can't bring them home...Way to nip it in the bud and get back on track!

2630 days ago

V



CD9543726

Oh man. That specific flavor of Wheat Thins...major trigger for me. I could never have them in the house, or I could eat the whole box in an afternoon (or, more accurately, I couldn't NOT eat the whole box in an afternoon). It was one trigger I never could escape. They're one thing I miss from before I found out I'm gluten intolerant, but honestly I'm kinda glad they're on the other side of the what-I-can-eat divide, because at least I never have to worry about them again. :D They are SOOOOOOOO good!

2630 days ago

V



DR1939

Winter is hard on my eating habits. I am more faithful to exercise than to eating. Here's to Spring and rebooting.

2630 days ago

V



MISCHAKEO

That was so nice of you to mention me.. I also had to face the music or face the scale..which was simply staying at the top end of my range..A range involves fluctuation and I was not moving....except trending upward.

I know you will use that data loving brain to get the data working in your favor! It is so helpful to feel supported and not alone..even in small victories on the scale.

Your step of buying healthy alternatives is a good one, That is what I do also when I am cutting back.

Have a very good Spring reboot. I know you can do it!

I also use our Parole Officer..the scale as a reminder to be accountable.

2630 days ago

V



CD13099273



So true it creeps up on us all - your right I was finding excuses as well , training for a Tri so I need extra this , that and whatever - yes , we require the increase of potassium , carbs and sodium for races - I was over indulging too ! Lesson well learned , work in progress - I used to love little Debbie - those chocolate covered peanut wafers - Mmmm - I know you'll Spring into action at kick this to the curb - Is it spring yet by you ? Karen
2630 days ago



TERI-RIFIC



I love it when you read a blog that speaks to you right when you need it. (Like yours did for me) My daughter has a theory about what makes us burn through a bag or box of whatever. Part of it (for us) is getting those perfect morsels that have just the right amount of salt and flavoring. Every cheeto is good, but they are not all alike - some are gooder than others. I've been learning to ignore my hubby's two best friends Ben and Jerry. When it is ON SALE (OMG - men!) I let him get a couple, but I don't trust myself to have it around all of the time. Way to go for keeping yourself on track!!!
2630 days ago



CELIAMINER



I had to face myself and my excuses, too, as the winter weight gain showed no signs of departing. Back to tracking, tracking, tracking...and to being honest with myself over portion size. Now that the weather has finally improved, I plan to get outside more to exercise.
2630 days ago

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