



BROOKLYN_BORN

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Imitating and learning from spark friends

Monday, September 29, 2014

I've learned a lot in my 5+ years here from the general articles, from the resources and discussions on team pages and from individual blogs and status posts.

Many of these have sparked changes in my life. Others don't fit the way I live and while effective for some wouldn't be realistic for me.

Some things are big like last year's decision to train for a half marathon – my longest distance in 6 years

Some things are small like buying organic yogurt, spaghetti sauce and carrots both for my health and to support those companies producing those items and the stores that stock them. Yeah, the cost is a bit higher but I believe the benefit is worth it.

Yesterday I bought "steel cut" oats. It was a new item in my supermarket which is making an effort to stock and promote healthy choices. I don't really know the difference in oats, but I do know that Sparker OneKidsMom eats that every day.

So just like Wheaties features athletes on their cereal boxes, in my mind's eye I saw OneKidsMom smiling at me from the box and I tossed it into my cart.

I can't be a triathlete like her. Way too afraid of swimming in open water.
I can't run as fast as she can either, but I'll keep trying.

So for now I'll imitate her personal "Breakfast of Champions"

Note: You can read about this inspirational sparker here.

www.sparkpeople.com/mypage.asp?id=ONEKIDSMOM

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Member Comments About This Blog Post

**HAYBURNER1969**

Steel-cut oats are really good, but I haven't had them in years since they take time to cook and I'm usually in a hurry in the morning.
2442 days ago



**TERI-RIFIC**

Every time I read about those steel cut oats simmering I think it sounds so good. However, I can't make myself like them. I like reading about them, though!

2443 days ago

**TORTOISE110**

We are learning all the time here, aren't we? Awesome.

2444 days ago

**SLENDERELLA61**

Great. Love to learn from fellow Sparkers, and yes, I tried steelcut oats because of ONEKIDSMOM, too. They are delicious and filling!

2446 days ago

**MARYJEANSL**

Always good to try new foods. Let us know how you like the oats. My older son is fond of 'porridge,' which term he gets from Alton Brown, but so far I haven't found a way of preparing oats that appeals to me very much.

2447 days ago

**WALLAHALLA**

love steel-cut oats

2447 days ago

**DDOORN**

Oh geez we have SO many terrific champions 'round our SparkFamily...you included!

Barb is certainly one of our BEST, agreed!

Thank you to ALL our champions for paying forward your Spark!

Don

2447 days ago

**WATERMELLEN**

I too was inspired by ONEKIDSMOM to try steelcut oats!!! She should have shares in the corporation!!!!

2447 days ago

**DOVESEYES**

THANK YOU!

2447 days ago

**LINDAKAY228**

I love to read her blogs too! I had steel cut oats on my shelf when I lived in New Mexico and sometimes ate them. The hardest part for me then was how long they took to cook. I definitely need to get some more now that I have more time. At the time I was working and had to get my walk in really early and get grandkids to school and sometimes get them up and I just had trouble fixing them. But they are really good!

2447 days ago

**CD4114015**

I agree with you and the others that commented. I have not done the steel cut oats yet, but I try pretty much what you and some others put out there....I especially try to "grow up like "ONEKIDSMOM" too. I have also found many things from YOU and WATERMELLEN, and MOBYCARP, and KANOE10! I love spark friends there is always someone who has done something or been there before me and it helps me not be afraid of new things....which I am FAMOUS for!



2447 days ago

**SUBMOM2**

Yes, I love how we can learn from other sparkers!

I like to make a double or triple batch, let it cool a bit, then scoop out individual servings onto a cookie sheet, then put the cookie sheet into the freezer. In an hour or two they are ready to pop off and I transfer them to a storage container. Ready for the microwave on some busy morning.

2447 days ago

**GINIEMIE**

Yes and I've learned a lot from SANDY and s including you. I'm trying to pick myself up and





get myself moving. I had oatmeal today, but not steel cut, I tried it but I didn't care for it-it may have been the recipe I used.
I hope you like them.



2447 days ago



GBSLIM



too!

Kudos to you for supporting your local commerce.
Wishing you continued success in your efforts to improve your health.
2447 days ago



CD13354694



2447 days ago



MILLEDDGE2

I hope you enjoy the steel cut oats. Make a batch in the crock pot (many instructions on the internet) and you have a healthy breakfast all ready every morning. I recently discovered that adding a half cup of shredded sweet potato plus cinnamon and vanilla makes a very tasty addition!
2447 days ago



SWEDE_SU

funny, i had steel cut oats yesterday too:-) i know what you mean about the inspiration we find and the changes we make because of these wonderful role models!
2447 days ago



FORZACHANDMATT

Sparkpeople is so good for this - helping each of us find our way
2447 days ago



BLAZINGSWORD



Yep, s are the best! And you are so right, there is much to learn and apply to our lives. Take what we can appropriately use and then leave the rest.
2447 days ago



POLSKARENIA

Good for you - enjoy!
2447 days ago



ONEKIDSMOM



You realize there is no significant nutritional difference between steel cut oats and rolled oats. I just like the texture, when I have let them simmer in skim milk, and mix in the fruit.

But I totally grinned at the image of "breakfast of champions". Here's to trying new things because we've read about some other Sparker trying them. I credit so many with inspiring me, and you are



among them!
2447 days ago



MISCHAKEO

I hope you like them. They are supposed to be good. I also admire OneKidsMom. I am reading a book recommended by Watermellen. There is much to be learned from Spark friends here.
2448 days ago

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