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Physical Hunger, Emotional Hunger and then there's ME!

START

Sunday, August 23, 2015



I've experienced both types of hunger, but I also eat too much because it TASTES GOOD!

Physical Hunger: I eat 2 substantial snacks per day. If I don't, between meals I wilt like a flower lacking water. (I drink lots of water, and only water all day). Tracking keeps my total calories and nutrition in balance.

Emotional Hunger: Oh yeah, especially frustration causes me to look for:

Chocolate chip cookies

Chocolate chip cookie dough ice cream

Pringles cheddar cheese chips

In that order.

So I don't keep those in the house. If I start eating them, they will be all gone.

What I have to guard against is food that TASTES GOOD!

This is the hardest for me. I can overeat what tastes good. My best example is organic, red grapes. I can devour a pound of them at one sitting, one by one. A serving is 1.7 ounces - that's 10 grapes. Now I actually count them out.

My food scale keeps me honest too.

I love my morning visit to SP. There's always something to get me thinking.

These thoughts were prompted by BA5454's blog "Fat Dialogue"

www.sparkpeople.c

om/mypage_public_journal_i

ndividual.asp?blog_id=5982720

Check it out for an interesting chart comparing physical to emotional hunger.

Then there's me who needs a 3rd column.

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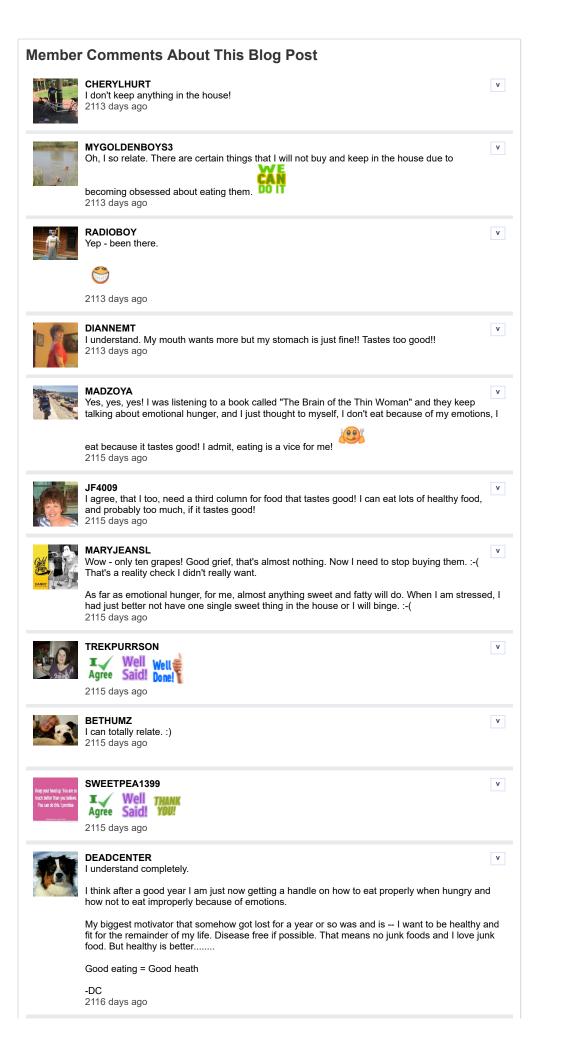
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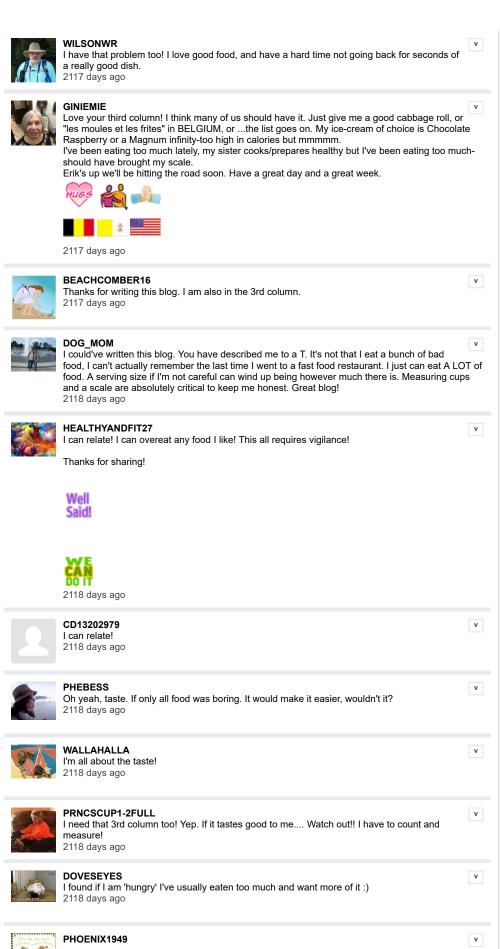
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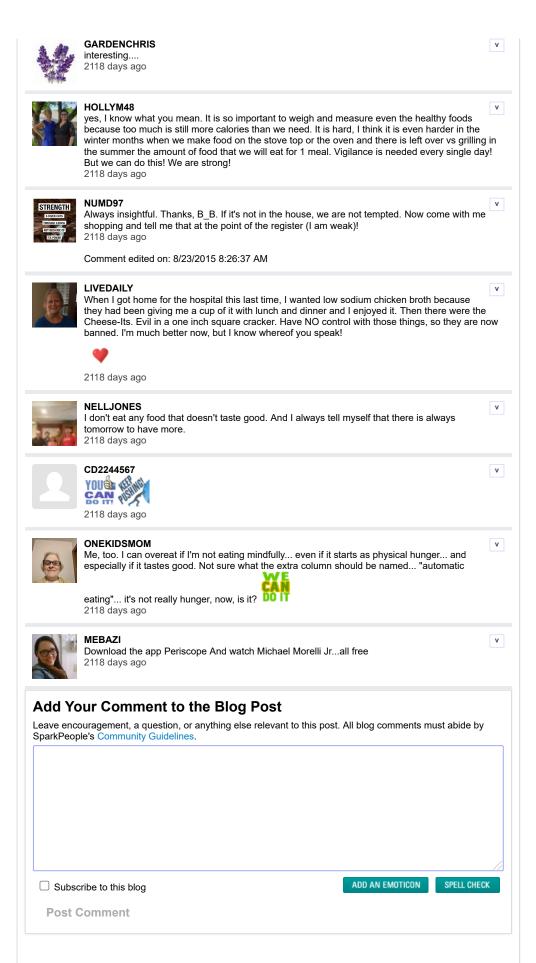






I HANK YOU!

2118 days ago



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.