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

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.com/mypage_public_journal_individual.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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CHERYLHURT

I don't keep anything in the house!
2113 days ago



MYGOLDENBOYS3

Oh, I so relate. There are certain things that I will not buy and keep in the house due to

becoming obsessed about eating them.

2113 days ago



RADIOBOY

Yep - been there.



2113 days ago



DIANNEMT

I understand. My mouth wants more but my stomach is just fine!! Tastes too good!!
2113 days ago



MADZOYA

Yes, yes, yes! I was listening to a book called "The Brain of the Thin Woman" and they keep talking about emotional hunger, and I just thought to myself, I don't eat because of my emotions, I

eat because it tastes good! I admit, eating is a vice for me!

2115 days ago



JF4009

I agree, that I too, need a third column for food that tastes good! I can eat lots of healthy food, and probably too much, if it tastes good!
2115 days ago



MARYJEANSL

Wow - only ten grapes! Good grief, that's almost nothing. Now I need to stop buying them. :-(
That's a reality check I didn't really want.

As far as emotional hunger, for me, almost anything sweet and fatty will do. When I am stressed, I had just better not have one single sweet thing in the house or I will binge. :-(
2115 days ago



TREKPURRSON



2115 days ago



BETHUMZ

I can totally relate. :)
2115 days ago



SWEETPEA1399



2115 days ago



DEADCENTER

I understand completely.

I think after a good year I am just now getting a handle on how to eat properly when hungry and how not to eat improperly because of emotions.

My biggest motivator that somehow got lost for a year or so was and is -- I want to be healthy and fit for the remainder of my life. Disease free if possible. That means no junk foods and I love junk food. But healthy is better.....

Good eating = Good health

-DC
2116 days ago





WILSONWR

I have that problem too! I love good food, and have a hard time not going back for seconds of a really good dish.
2117 days ago



GINIEMIE

Love your third column! I think many of us should have it. Just give me a good cabbage roll, or "les moules et les frites" in BELGIUM, or ...the list goes on. My ice-cream of choice is Chocolate Raspberry or a Magnum infinity-too high in calories but mmmmm.
I've been eating too much lately, my sister cooks/prepares healthy but I've been eating too much-should have brought my scale.
Erik's up we'll be hitting the road soon. Have a great day and a great week.



2117 days ago



BEACHCOMBER16

Thanks for writing this blog. I am also in the 3rd column.
2117 days ago



DOG_MOM

I could've written this blog. You have described me to a T. It's not that I eat a bunch of bad food, I can't actually remember the last time I went to a fast food restaurant. I just can eat A LOT of food. A serving size if I'm not careful can wind up being however much there is. Measuring cups and a scale are absolutely critical to keep me honest. Great blog!
2118 days ago



HEALTHYANDFIT27

I can relate! I can overeat any food I like! This all requires vigilance!

Thanks for sharing!

Well Said!

WE CAN DO IT

2118 days ago



CD13202979

I can relate!
2118 days ago



PHEBESS

Oh yeah, taste. If only all food was boring. It would make it easier, wouldn't it?
2118 days ago



WALLAHALLA

I'm all about the taste!
2118 days ago



PRNCSCUP1-2FULL

I need that 3rd column too! Yep. If it tastes good to me.... Watch out!! I have to count and measure!
2118 days ago



DOVESEYES

I found if I am 'hungry' I've usually eaten too much and want more of it :)
2118 days ago



PHOENIX1949

THANK YOU!

2118 days ago





GARDENCHRIS

interesting...
2118 days ago



HOLLYM48

yes, I know what you mean. It is so important to weigh and measure even the healthy foods because too much is still more calories than we need. It is hard, I think it is even harder in the winter months when we make food on the stove top or the oven and there is left over vs grilling in the summer the amount of food that we will eat for 1 meal. Vigilance is needed every single day! But we can do this! We are strong!
2118 days ago



NUMD97

Always insightful. Thanks, B_B. If it's not in the house, we are not tempted. Now come with me shopping and tell me that at the point of the register (I am weak!)
2118 days ago



Comment edited on: 8/23/2015 8:26:37 AM



LIVEDAILY

When I got home for the hospital this last time, I wanted low sodium chicken broth because they had been giving me a cup of it with lunch and dinner and I enjoyed it. Then there were the Cheese-Its. Evil in a one inch square cracker. Have NO control with those things, so they are now banned. I'm much better now, but I know whereof you speak!



2118 days ago



NELLJONES

I don't eat any food that doesn't taste good. And I always tell myself that there is always tomorrow to have more.
2118 days ago



CD2244567

YOU CAN DO IT!
KEEP PUSHING!

2118 days ago



ONEKIDSMOM

Me, too. I can overeat if I'm not eating mindfully... even if it starts as physical hunger... and especially if it tastes good. Not sure what the extra column should be named... "automatic



eating"... it's not really hunger, now, is it?
2118 days ago



MEBAZI

Download the app Periscope And watch Michael Morelli Jr...all free
2118 days ago



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