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## The Road not Taken...The Pie not Eaten

"Two roads diverged in a yellow wood,. And sorry I could not travel both"

Info

Wednesday, January 04, 2017

With apologies to Robert Frost who poetically described:

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I'm thinking about the 2 roads I have traveled.

One was smooth sailing with lots of billboards for all kinds of food and excuses for more and more eating. It ended at the weight that did not make me happy.

The other was harder to traverse, many obstacles, potholes, situations and people who implied the journey was not worth the effort. However there was also encouragement from resources and likeminded people following the path along with me.

These roads converged often. Decisions as to direction had to be made again and again. Here's one of them.



This is what remains of a peanut pie. It's like a pecan pie but with a different kind of nut. When pies are listed as to calorie content, this one is near the top,

The house guest who brought it had gone home,

So there it sat like a billboard at a crossroads. I am fully capable of eating an entire pie, not because I'm upset or sad, but because it tastes good and I want to eat it. My children tell their children about the time they watched me eat an entire apple pie all by myself.

As for this holiday pie, I did eat 2 pieces over 2 days and had already cut another piece when I read a blog by Gaby1948. One sentence asked "do you need to eat that pie?"

What? Can she see me?

No, I don't need to eat this pie, but I've already cut it.



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See where it is now? It's balanced on my trash compactor! That's exactly what I did with it and the rest of the pie too.

At one point on my old road I would not have done this. I believed that food shouldn't go to WASTE. But once on the other road I realized that going to WASTE is preferable to going to WAIST.

Yes, I know Frost was describing a road we have NEVER taken.

Once I was a young person who had never been on the weight gain road. I wish someone had put up a "danger" sign back then. Some roads should NOT be taken.

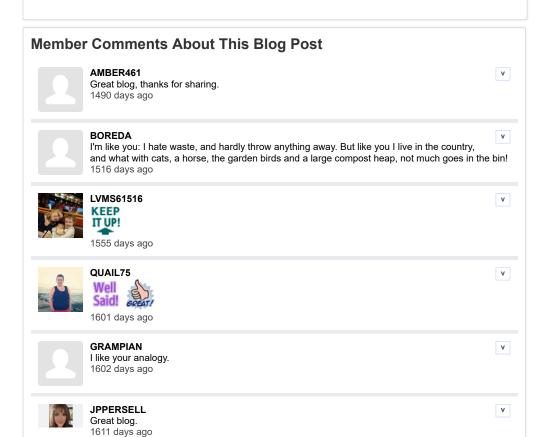
I wish we all could go back in time and warn our younger selves. Perhaps we can at least be a guidepost for our children and grandchildren. Take the road of good choices and a healthy lifestyle.

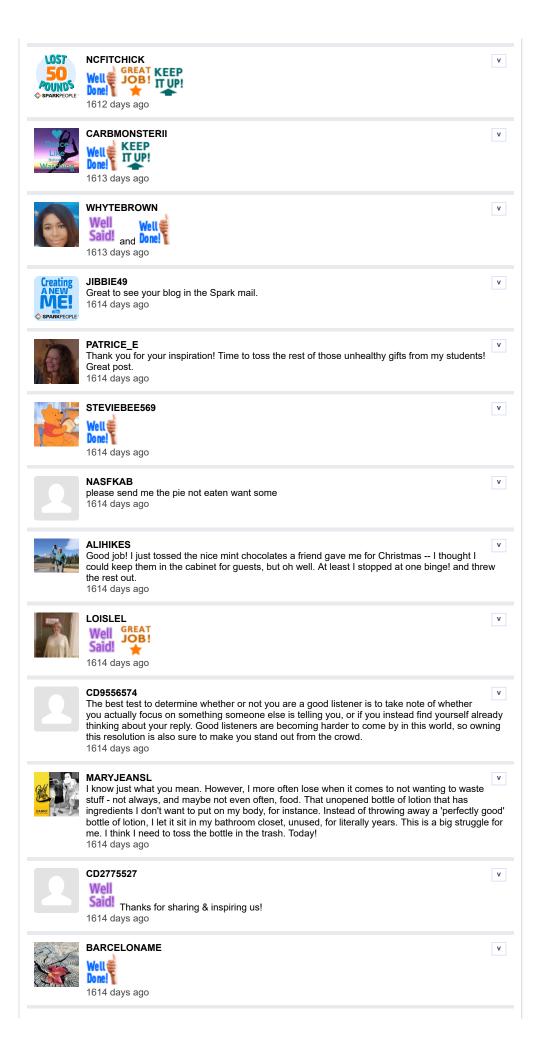
Edit: Just some background. We "waste" very little food. We compost what works well and even feed the critters out here in the country. But no one in my frame of reference would benefit from my left over pie. My neighbors are all dealing with various challenges which require watching what they eat.

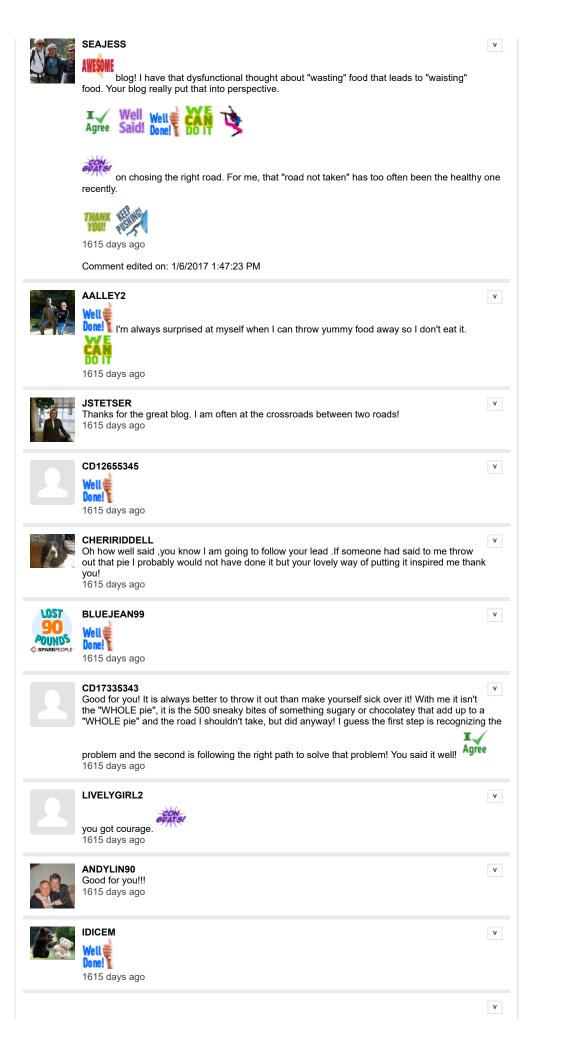
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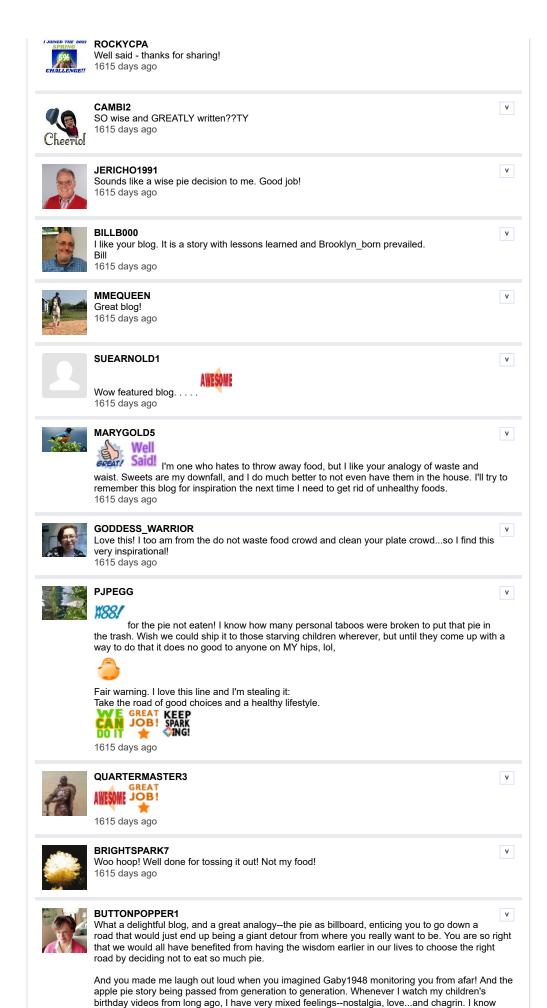
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what happened to every last piece of birthday cake clearly visible in every video! Thanks to SP, I've changed direction and seem to be on a much better road.

Loved this great blog!



1615 days ago



#### CD9556574

A big part of my 2017 game plan is the setting of New Year's resolutions, which by definition involves a firm decision to start or stop doing something as the calendar turns. Setting the resolutions is always easy; actually sticking to them is where things become difficult, as it's often only a matter of weeks before we slip back into the habits we were looking to correct. 1615 days ago



#### **FUNLOVEN**

When we are you and feeling so invincible I wonder if I would have taken the more difficult road to control my weight. As it turned out I did manage to instill very healthy ideas in my daughter and I am proud of how she manages her eating and fitness. She is a good mom passing this on to

I have to admit I love the confession that you could have eaten all of the pie just because it tastes sooo good and you want to eat it! It adds a human element to know there are others in this world



who have some imperfections like I do. And with that being said on taking the best path and dumping the last of the pie! 1615 days ago



#### SWEETMAGNOLIA2

Congrats on taking the better road! 1615 days ago





#### HARRIETT14

I put all pies and such in the freezer. My husband who never has a problem will eventually eat it and if not in the garbage it goes or for company. 1615 days ago



#### LILLYROSEGRAM

Pie is one of my trigger foods. Haven't heard of peanut pie, but I love Pecan Pie so I know I would be dipping into it!



Thanks for sharing your thoughts in this inspiring blog!







1615 days ago



I'm not sure I could have done the same with my favorite, chocolate chip cookies. Your amazing and I admire your willpower!!! 1615 days ago



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### SUTHRNWMN

I believed that food shouldn't go to WASTE. But once on the other road I realized that going to WASTE is preferable to going to WAIST. BOY what an eye-opener. Thanks for sharing this. I needed to read it.





1615 days ago



# CD10676776













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