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The Road not Taken...The Pie not Eaten

Wednesday, January 04, 2017



With apologies to Robert Frost who poetically described:
"Two roads diverged in a yellow wood,. And sorry I could not travel both"

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 like-minded 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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AMBER461

Great blog, thanks for sharing.
1490 days ago



BOREDA

I'm like you: I hate waste, and hardly throw anything away. But like you I live in the country, and what with cats, a horse, the garden birds and a large compost heap, not much goes in the bin!
1516 days ago



LVMS61516

**KEEP
IT UP!**

1555 days ago



QUAIL75

**Well
Said!**  **GREAT!**

1601 days ago



GRAMPAN

I like your analogy.
1602 days ago



JPPERSELL

Great blog.
1611 days ago





NCFITCHICK
Well Done! GREAT JOB! KEEP IT UP!

1612 days ago



CARBMONSTERII
Well Done! KEEP IT UP!

1613 days ago



WHYTEBROWN
Well Said! and Well Done!

1613 days ago



JIBBIE49
Great to see your blog in the Spark mail.

1614 days ago



PATRICE_E
Thank you for your inspiration! Time to toss the rest of those unhealthy gifts from my students!
Great post.

1614 days ago



STEVIEBEE569
Well Done!

1614 days ago



NASFKAB
please send me the pie not eaten want some

1614 days ago



ALIHIKES
Good job! I just tossed the nice mint chocolates a friend gave me for Christmas -- I thought I could keep them in the cabinet for guests, but oh well. At least I stopped at one binge! and threw the rest out.

1614 days ago



LOISLEL
Well Said! GREAT JOB!

1614 days ago



CD9556574
The best test to determine whether or not you are a good listener is to take note of whether you actually focus on something someone else is telling you, or if you instead find yourself already thinking about your reply. Good listeners are becoming harder to come by in this world, so owning this resolution is also sure to make you stand out from the crowd.

1614 days ago



MARYJEANSL
I know just what you mean. However, I more often lose when it comes to not wanting to waste stuff - not always, and maybe not even often, food. That unopened bottle of lotion that has ingredients I don't want to put on my body, for instance. Instead of throwing away a 'perfectly good' bottle of lotion, I let it sit in my bathroom closet, unused, for literally years. This is a big struggle for me. I think I need to toss the bottle in the trash. Today!

1614 days ago



CD2775527
Well Said! Thanks for sharing & inspiring us!

1614 days ago



BARCELONAME
Well Done!

1614 days ago





SEAJESS



blog! I have that dysfunctional thought about "wasting" food that leads to "waisting" food. Your blog really put that into perspective.



on chosing the right road. For me, that "road not taken" has too often been the healthy one recently.



1615 days ago

Comment edited on: 1/6/2017 1:47:23 PM



AALLEY2



I'm always surprised at myself when I can throw yummy food away so I don't eat it.

1615 days ago



JSTETSER



Thanks for the great blog. I am often at the crossroads between two roads!

1615 days ago



CD12655345



1615 days ago



CHERIRIDDELL



Oh how well said ,you know I am going to follow your lead .If someone had said to me throw out that pie I probably would not have done it but your lovely way of putting it inspired me thank you!

1615 days ago



BLUEJEAN99



1615 days ago



CD17335343



Good for you! It is always better to throw it out than make yourself sick over it! With me it isn't the "WHOLE pie", it is the 500 sneaky bites of something sugary or chocolatey that add up to a "WHOLE pie" and the road I shouldn't take, but did anyway! I guess the first step is recognizing the

problem and the second is following the right path to solve that problem! You said it well!



1615 days ago



LIVELYGIRL2



you got courage.

1615 days ago



ANDYLIN90



Good for you!!!

1615 days ago



IDICEM



1615 days ago





ROCKYCPA
Well said - thanks for sharing!
1615 days ago



CAMBI2
SO wise and GREATLY written??TY
1615 days ago



JERICHO1991
Sounds like a wise pie decision to me. Good job!
1615 days ago



BILLB000
I like your blog. It is a story with lessons learned and Brooklyn_born prevailed.
Bill
1615 days ago



MMEQUEEN
Great blog!
1615 days ago



SUEARNOLD1
Wow featured blog. . . .
1615 days ago



MARYGOLD5
I'm one who hates to throw away food, but I like your analogy of waste and waist. Sweets are my downfall, and I do much better to not even have them in the house. I'll try to remember this blog for inspiration the next time I need to get rid of unhealthy foods.
1615 days ago



GODDESS_WARRIOR
Love this! I too am from the do not waste food crowd and clean your plate crowd...so I find this very inspirational!
1615 days ago



PJPEGG
for the pie not eaten! I know how many personal taboos were broken to put that pie in the trash. Wish we could ship it to those starving children wherever, but until they come up with a way to do that it does no good to anyone on MY hips, lol,



Fair warning. I love this line and I'm stealing it:
Take the road of good choices and a healthy lifestyle.



1615 days ago



QUARTERMASTER3
1615 days ago



BRIGHTSPARK7
Woo hoop! Well done for tossing it out! Not my food!
1615 days ago



BUTTONPOPPER1
What a delightful blog, and a great analogy--the pie as billboard, enticing you to go down a road that would just end up being a giant detour from where you really want to be. You are so right that we would all have benefited from having the wisdom earlier in our lives to choose the right road by deciding not to eat so much pie.

And you made me laugh out loud when you imagined Gaby1948 monitoring you from afar! And the apple pie story being passed from generation to generation. Whenever I watch my children's birthday videos from long ago, I have very mixed feelings--nostalgia, love...and chagrin. I know

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 our grandchildren too!

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



MJREIMERS

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



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

Well Done! Well Said! AWESOME

1615 days ago

blog. That's being responsible and accountable.



RAZZOZLE



1615 days ago



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