

# Vegetarianism

Post by “Pacatus” of January 8, 2025 at 6:49 PM

My wife eats little meat, and would likely be completely vegan except that her doctor (following a heart attack) cautioned her against totally excluding any macronutrient from her diet; so she occasionally has a bit of fish or meat.

I basically eat anything. I do have a bit of a gluten issue, and so try to do more to minimize refined grains (bread, pasta)\* in favor of intact grains (brown rice). But I am not very disciplined 😞 - and that is the main reason I am a bit overweight.\*\* Following my wife, I try to eat more “beans and greens.”

With age, I find that eggs have become problematic. The old three-egg omelet is out: one egg, whether poached or scrambled, is usually all I can tolerate.

I still eat for pleasure - but try to balance the immediate “kinetic” pleasure with predictable “katastematic” feelings after. In terms of cultural cuisine, I have a motto in Latin: *Sapores mundi gusta ... de domo*. (“Taste the flavors of the world ... from home.” ) Tonight we are having some vegan minestrone soup, with added garlic, rice and some finely chopped kale. (I will have a bit of leftover pork tenderloin in mine.)

I do “intermittent fasting” - that is, three or four days a week I fast for 12 to 15 hours, and break my fast with some light “tapas” in mid-afternoon.

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\* Even “whole grains” refined into flour.

\*\* Based on personal observation.