

Weight Loss Methods - Poll of EpicureanFriends Results

Post by “Kalosyni” of November 19, 2023 at 7:54 AM

Update...My food diary and reduction of calories was working (down 2 lbs)...until I went out to eat at a restaurant, and also bought some sweets (dessert items)...which brought up the calorie intake.

Nature evolved us to get pleasure from eating, but modern civilization has made high caloric foods easy to obtain...so then that leads to health problems (I can imagine that obesity is not a pleasant feeling).

Both of my parents are thin, and most of the times that I have gone for a visit I've ended up losing weight. They don't go out to eat very often, and my mom cooks her food without spices and very little salt. She serves up very small portion sizes, and also snacks are often apples, oranges, or other kinds of fruit, or small portions of healthy natural whole grain snack bars or crackers. Oatmeal or bread for breakfast with yogurt, or cottage cheese, or soft boiled egg. Lunch is often vegetable soup with bread or crackers, or a sandwich (egg salad, chicken salad, or peanut butter). Dinner is a small green salad, steamed potatoes, a cooked vegetable, and meat (chicken or pork, and occasionally beef, fish or legumes.)

[Quote from Eoghan Gardiner](#)

the main thing is being happy when you feel hungry and saying to yourself "I am losing weight".

Yes! Sometimes we take on some pain in order to realize a greater pleasure in the future.

From Letter to Menoecus:

"This is why we say that pleasure is the beginning and the end of a completely happy life. For we recognize it as the primary and innate good, we honor it in everything we accept or reject, and we achieve it if we judge every good thing by the standard of how that thing affects us. And because this is the primary and inborn good, we do not choose every pleasure. Instead, we pass up many pleasures when we will gain more of what we need from doing so. And we consider many pains to be better than pleasures, if we experience a greater pleasure for a long time from having endured those pains. So every pleasure is a good thing because its nature is favorable to us, yet not every pleasure is to be chosen — just as every pain is a bad thing, yet not every pain is always to be shunned. It is proper to make all these decisions through measuring things side by side and looking at both the advantages and disadvantages, for sometimes we treat a good thing as bad and a bad thing as good." (St-Andre translation)