

February 18th

- [Home](#)
- [About Theresa & Friends](#)
- [Theresa's Books](#)
- [Contact](#)
- [Subscribe](#)
- [Newsletter Archives](#)

[Subscribe by RSS](#) [Subscribe by Email](#)

theresa albert - my friend in food



- [Food](#)
 - [Food Thoughts](#)
 - [Nourishment](#)
- [Recipes](#)
 - [Weekly Meal Solutions](#)
 - [Sunday Supper](#)
 - [Second Supper](#)
 - [Ready to go protein](#)
 - [Ready to go veggies](#)
 - [Ready to go carbs](#)
- [Wellness](#)
 - [Laughs](#)
 - [Horoscope](#)
 - [Comic Strip](#)
 - [Teen Scene](#)
 - [Travel](#)
 - [Emotional Health](#)
- [Ace Your Health Bloggers](#)
 - [Type Ace Personality](#)
 - [Aces On The Run](#)
 - [Ace-ing My Way Forward](#)
- [Videos](#)
- [Contests & Promotions](#)

[home](#) > [Ace Your Health Bloggers](#)

PRINT ARTICLE Queen of Spades

by [Heather](#) . [Sunday 16 January 2011](#) . [3 Comments](#)



Dear reader,

I don't want to alarm or frighten you, but I am pretty sure Theresa Albert is trying to kill me. Here are the facts, as I see them.

- She has me eating breakfast where nothing was ingested before. Sure, I feel better these days, but still.
- She has me eating plain low-fat yogurt (gross! Until recently.)
- She has me trying new seeds (like the things my kids have – Chia Pets!)

But really folks, it's this last one that confirms it – drink less coffee. You have got to be kidding me. I love my coffee. Heck, in my 20's my diet consisted of a steady stream of coffee and cigarettes – kept the weight off and my bowels regular. I no longer smoke (and find the habit rather disgusting now) but coffee has remained a steady and loved part of my existence.

Since having kids, believe it or not, my caffeine intake has decreased. Prior to being pregnant, I drank 4-5 cups a day. Then the nine months of food aversions happened (aka pregnancy) and coffee did not mix with my taste buds. Since then, I am down to 1-3 cups a day depending on how well my daughter sleeps. And I never have a cup after 12:01pm.

I do not drink sodas. My mom never had them in the house as kids and would not let us have them in restaurants. As such, I never developed a taste for them. Well, that is unless they are mixed with Captain Morgan's Spiced Rum – a throwback back to my sailor days in my 20s and 30s!

You can imagine the fear I felt when I saw *The Challenge* for this week. Decrease my caffeine intake? She is trying to kill me.

Looking for confirmation, I turned to my husband for support. "Tim," I bellowed, "she wants me to drink less coffee." Expecting support I eagerly awaited his response. All I got was, "not a bad idea at all, let's try it together." Huff, lot of good that did. Reader, Theresa Albert and Tim are trying to kill me.

Caffeine Source	Time of Day	Amount (cup)	Mood/Energy/Headache/Sleep Symptoms

Day 1	6:30am	1 cup	All systems normal
	9:00am	1 cup	Kids out of the house = happiness
Day 2	6:30am	1 cup	No change from previous day. Except daughter is home today – extra cup needed
	9:00am	1 cup	
	11:00am	1 cup	
Day 3	6:30am	1 cup	Long night, coffee needed
	9:00am	1 cup	Grumpy thinking about less coffee tomorrow
Day 4	6:30am	1 cup	Here we go!
	9:00am	½ cup	Really?! A little annoyed
	Noon	½ cup	Crud! Tried by failed!
Day 5	6:30am	1 cup	Love this cup!
	9:00am	½ cup	Felt good, no need for more
Day 6	6:30am	1 cup	All good today – no real notice in changes
	10:00	½ cup	
Day 7	9:00am	1 cup	All good for the day. Never noticed I missed the second cup. Glad we were outside all day and never had time for another.

After a week here are my personal reflections.

Let's be honest here going from two cups down to one cup is not the world's hardest challenge. More physiological than physical. I simply made an effort to occupy myself at times when I needed/wanted/craved my second cup.

I am a little jittery without it, but also feeling a little better. My stomach seems to be reacting well as that burning feeling has disappeared. I do think I will make a habit of it. Tim is along for the ride and seems to be doing okay with the change. It helps our budget too!

You know what I did at 9:00am – I spent time with my kids. Usually, I turn on the TV for them and take a moment for me. Now, I play with them. This week, Aidan and I baked muffins – we took a simple banana muffin recipe and added to it – apple sauce, blueberries, yogurt, hemp and chia seeds. She loved the texture of the seeds and enjoyed mixing them into the batter. They turned out awesome! My kids gobbled them up!

So, while I am still mediocrelly positive Theresa and Tim are off their rockers and have it out for me, I am not going to pursue any protective detail for my life. I am going to assume they have my best interests at heart.

Oh and by the way, my doctor delivered some yucky news. My BMI is too high. My waistline is too big. No hiding from the truth now.



[Heather](#)

Heather Lochner is a mother to two wonderful and energetic children and a freelance writer. Together with her children, husband and dog, she has recently relocated to Toronto after spending 15 years on the West Coast – many of which were spent living aboard her sailboat. Heather loves to exercise but always finds a reason to sit on the couch. While she knows carrots, whole wheat pasta and lean meat are good to eat, Heather loves to munch on a burger, chicken wings and poutine. Heather loves to cook, but is notorious for ruining every batch of chocolate chip cookies. She looks forward to seeing what's in the cards during this Ace journey....www.heatherlochner.com

[Tweet this post](#)[Post to Facebook](#)[Digg this!](#)[Share on Reddit](#)[Add to Delicious](#)[Stumble this](#)[Google Buzz](#)[Yahoo Buzz](#)[Post to Technorati](#)[Share on LinkedIn](#)[Email a friend](#)

3 Responses

Nadia F

January 25, 2011 at 1:25 pm [Reply](#)

I never understood why people get addicted to coffee. Personally I don't like the taste and even though I tried to start drinking coffee (while studying for exams at university) I was never able to finish a cup. I guess it has to do with caffeine, but why don't we hear about people drinking too much tea? Some teas have more caffeine than coffee- Isn't that right? Well if I compare your need for coffee to my need for chocolate I can see how hard it would be to reduce your intake!!! Good job Heather- Keep it up!

Bella H

January 29, 2011 at 7:29 pm [Reply](#)

Way to go Heather! Reading Queen of Spades got me laughing and thinking that maybe I should try some of this healthy living stuff. I too have a bit to big waistline, to high BMI, and a closet full of clothes that no longer fit. Just imagine if I got this body in shape all the money I'd save on clothes. Ok...here I go...off to the gym to spend some intimate time with the treadmill. Wish me luck as it's your fault I won't be on the couch this evening.

Shoshana

January 31, 2011 at 2:27 pm [Reply](#)

Have you tried Green tea? I now drink one (max two, depending on my schedule) cups of coffee a day, down from at least 4 just a few weeks ago, Instead, I enjoy a cup of decaf green tea after my lunch and dinner. It is great. I would recommend it.

Leave a Comment

Heather Lochner Name

heather.lochner@gmail.c Email

http://heatherlochner.cor Website

Submit Comment

[<< Previous Post](#) [Next Post >>](#)



-
-

Search

- [subscribe to our free my friend in food newsletter](#)

• Categories

- - [Ace Your Health Bloggers](#)
 - [Contests & Promotions](#)
 - [Food](#)
 - [Recipes](#)
 - [Videos](#)
 - [Wellness](#)
- - [popular](#)
 - [latest](#)
 - [comments](#)



Book Reviewer Wanted

Theresa Albert

Thursday 10 February 2011 . (12)



(Yeasty) King of spades

Marci

Monday 31 January 2011 . (10)



Tinkerbell and the Ten of Spades

Heather

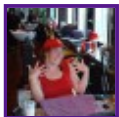
Monday 7 February 2011 . (9)



Hold The Fries Please

Dave & Anita

Tuesday 11 January 2011 . (7)



Jack of Temptation

Heather

Monday 31 January 2011 . (7)

• **Make Chicken Safe!**



About Theresa Albert

About Theresa Albert

Theresa Albert takes on the challenge of demystifying myths surrounding food and health. Health is not supposed to be THAT hard. Definitely not a finger wagger, as a registered nutritionist, Theresa Albert, DHN, RNCP, has a passion for simple, honest solutions to today's lifestyle choices. She has ...

Follow On Twitter

theresaalbert: @weewelcome @AlisonBurke @JoAnneWallace ya, cuz when we r together I can't get a word in edge wise! (Is that one word?)

[13 minutes ago](#)

theresaalbert: @JoAnneWallace @weewelcome its going well! Did u see the Vancouver sun interview? Google it!

[15 minutes ago](#)

Archives

- [January](#)
- [February](#)

-

Copyright 2011 All Rights Reserved.

- [Privacy Policy](#)
- [Terms & Conditions](#)