Not only have my barbecue blog posts diminished in frequency, they have almost ceased to be barbecue posts. Instead of triumphs of cooking, spicing, smoking, and presentation, they are now triumphs of petty little victories over cholesterol.

Yesterday I had lunch at my favorite brewpub, Victory, where they now have a new menu for me. OK, it’s probably coincidence that I asked for it, and it appeared a week later, but they now have a menu that includes several very low fat items, including seared scallops and mussels marina. To flaunt my new virtue, however, I had a vegetarian pizza and had the chef omit all the cheeses, instead of ordering one of the low fat entrees. More remarkably, I did not partake in the thrice fries (potatoes, sweet potatoes, and leeks), even when someone else at the table ordered them.

Today for breakfast I allowed myself my one splurge all week. I had a toasted bagel, a hint of cream cheese, and a heft portion of smoked Irish salmon, accompanied by slices of heirloom tomatoes and English cucumber. The hint of cream cheese is the only animal fat I have consumed in over two weeks. I atoned for this minor transgression by having a low calorie zero fat lunch. A large portion of strawberries, blueberries, and raspberries, a small amount of low fat low sugar toasted oats, and some skim milk.

A happy heart is a healthy heart. Happy heart or not, I think using the lovely Bennington bowls is helping.