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Never let a Hungry Man out alone

Monday, February 04, 2013

Either he should never be let out alone or the food industry is conspiring against me.

Yesterday we enjoyed a very diverse set of activities ranging from the classical music of our local symphony to watching the Super Bowl and Beyonce along with the majority of Americans. Between the 2 events as we drove home, DH wanted to pick up some cheese and crackers for snacks during the game. We already have a large supply of wine.

I had figured the snacks into my tracker, even overestimating the amount I would eat. I also planned dinners of Healthy Choice steamers to create a calorie & fat deficit. DH likes several of the varieties especially when there is no time to cook anything else anyway.

Since I wanted to get a few more miles in, we decided that DH would shop and I would walk home.

I was surprised to get home first because a drive home after grabbing cheese & crackers shouldn't take as long as walking in the cold. As DH carried in multiple bags of groceries, the reason was clear. There were SALES. My freezer is now full of frozen pizza and Hungry Man dinners. It seems to me that the most calorie, fat and salt laden and most processed food is always on "special" and so heavily advertised that you can't miss it.

In the cold light of morning here are the facts.

Hungry Man (16 oz): 770 calories, 33g fat (11g sat) 85mg cholesterol, 1270 sodium, 97 carbs, 76 sugar, 21 protein

Healthy Choice (10.8 oz): 300 calories, 3g fat (1g sat) 30mg cholesterol, 500 sodium, 53 carbs, 12 sugar, 15 protein.

OK, maybe he wanted MORE food, and forgot about the snacks that were on the horizon.

Even if he ate TWO steamers, getting 35% more FOOD, that would still be:

22% fewer calories

82% less fat

30 % less cholesterol

22% less sodium

32% less sugar

While getting an increase of 43% more protein and 9% more carbs.

Yes, he saved money, but considering his age and test numbers, I don't think this was a good bargain. This morning I plan to discuss it with him.

I've learned to cope with "Little Debbie" but you should never send a Hungry Man out to shop alone.

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KANSASROSE67

When left to his own devices, my DH buys steak. If I, Juliana and I are gone and I don't leave him anything else, he will cook a huge steak and make a large portion of fried potatoes and onions, and eat it all by himself. That, or Banquet Chicken Pot Pies...not just one, but TWO!



Gotta love 'em.
3050 days ago



WILSONWR

OK - I hit the sales too... At least it was mainly meats and seafood! Our freezer is packed to the limit!



3051 days ago



DEBBY4576

I can't send my husband to the store even if he's not hungry. Besides spending too much on food, he always will get something bad for you. Like you said, if their weight is good, maybe, but then there are the numbers to look at. Men uh?



3051 days ago



COCK-ROBIN

Don't ever give up. You're worth it.



3051 days ago



CD13252816

I love the way you can take some thing as simple as having your husband go to the grocery store (no, wait, that's another fairy tale) and finding the mother lode of fat and cabs awaiting you.



Too bad it was frozen (and a lot of the crappy stuff is) or it would have made a good donation to the food pantry (but even they have standards). The last line was the kicker. My husband had to come over and see what had me in stitches.



3051 days ago



BOILHAM

You are so funny! And yes, the crappy food is always cheaper. Good luck with the "talk". By the way, I love those little frozen pizzas. My favorite food is pizza in any form. I hear that when your body craves certain foods it needs some of those nutrients in that food. Something in my body needs pizza!!!



3051 days ago



LITTLEBUTT5



Your blog read like it was pulled from a page of my "home" playbook....but you did bring a smile to my face.

Hang in there!



3052 days ago



DR1939

Amen. I finally convinced my husband that I was serious about him not buying junk when I put a dozen doughnuts in the trash compacter.



3052 days ago



HANSBRINK

I can skip the Hungry Man with no problem. The Healthy Choice I had to learn to skip. Instead I found that if I visit the fresh produce section, I can duplicate what's in Healthy Choice with much more variety.



Being "On Sale" is a powerful motivator. Good luck with your conversation. Most men (like me)

either won't listen or will argue their point.
3052 days ago



GINIEMIE



Okay, I can remember Steve buying loads of cheese, crackers, pizza and chips. But he would NOT bring in a frozen dinner. Ground beef-not ground sirloin, tomatoes-not low sodium, kidney beans and oyster crackers along with shredded cheese for his Chili. I hate chili, and I used to only eat the smallest serving possible, because he would prepare a mild pan just for me, minus the crackers.

I miss him, but I don't miss his chili.

Hugs to all you married girls! Oh BTW I found that doing the shopping myself or with him was the only way to self preservation. I used to go behind him and put chips back up swap cans for lower sodium stuff etc, worked when he was employed-only. Oh and St. Vincent de Paul benefited from his can food sale sprees.



3052 days ago



TORTOISE110



I'm so glad you wrote this. I'll be interested to see what he says when he really takes in the numbers & whether he sees it the same way. And it is so true that none of us ought to be in the grocery store when we are really hungry!

3052 days ago



CAKEMAKERMOM



I try not to let my hubby go grocery shopping too much either, especially without a list. He usually comes home with chips and cookies.

Yesterday he came home with ice cream, but at least it was the brand and flavor that I have deemed "healthy" as it is really just cream, sugar and whatever natural flavor it claims.

3052 days ago



HAYBURNER1969



Since Dad is always so interested in saving money, I thought of this (that I heard once from Jillian.)

Yes, I know organic food is expensive. Good food is more expensive. But you know what else is expensive? Cancer. Heart disease.

What would Dad rather spend his money on?

3052 days ago



CD13136117



Funny, but not funny. Best wishes with your conversation with him today. :)

As always, your blogs are a joy to read!!

3052 days ago



LADYJ6942



Yes, those Hungry Mans are loaded with sodium and sadly men seem drawn to them. Love the analogy.

3052 days ago



SUZYMOBILE



How funny! When I was at the supermarket Saturday, I saw them stocking up bigtime on frozen pizzas and other snacks. Probably planning for lots of Hungry Men at halftime.

3052 days ago



SLENDERELLA61



Great blog!! My hubby does most of our grocery shopping. Hope your talk with your husband is more effective than mine have been. I've found, though, that when I focus on what goes in my mouth, most of the things in my house don't even tempt me. Good luck!!

3052 days ago

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