



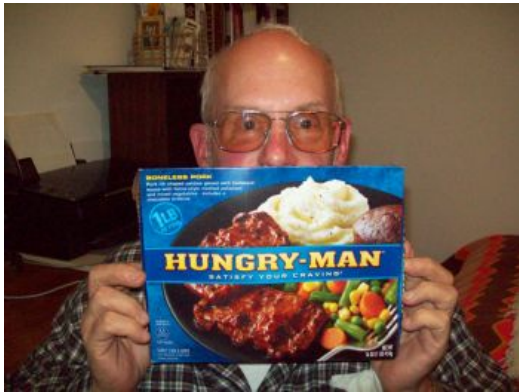
BROOKLYN_BORN

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They call it “Hungry Man” not “Smart Man” for a reason.

Monday, March 25, 2013

This is sad because DH IS a SMART man, a VERY intelligent man, except in nutrition and not being able to resist a sale.



While back I blogged about DH in the supermarket.

“Never let a hungry man out alone”

www.sparkpeople.com/my_public_journal_individual.asp?blog_id=5236763

So we have a supply of these things in our freezer. DH keeps his junk food out of my sight, but we only have one freezer.

Saturday's dinner was going to be a rice/vegetable dish left over from our meatless Friday. I would have added meat, but took a long nap in the afternoon after my long morning on the mountain. So, I supplemented my dinner with a serving of my baked omelet. DH grabbed a “Hungry Man.”

So while I had a healthy, nutritious meal of reasonable calories, he ate this:

Calories: 770 (from fat, 300)
Total Fat: 33g
Saturated Fat: 11g Cholesterol: 85mg
Sodium: 1270mg
Total Carbs: 97g Sugars: 76g
Protein: 21g
And these other ingredients.

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I think deep down he wants to change. He actually suggested that I write about this. I didn't force him to pose for that picture.

So, I'll just keep doing the right thing and cooking as healthy as possible. Maybe someday he'll come around.

Note that I also keep Healthy Choice Steamers in the freezer for emergencies. He could have eaten TWO of those and been better off.

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AMAS92568

It's outrageous what the frozen food industry has been getting away with!
3002 days ago



CD8180433

You should look at your "Healthy" frozen meals some time. I bet the sodium is just as bad as those "Hungry Man" meals.

My weakness is frozen pizza. Since my husband and daughter do not eat cheese I buy frozen pizzas for myself occasionally. Sometimes I buy the "pizza for one" and sometimes I buy the larger ones and use them for 2 or 3 meals. The ingredients on them are not short either, but I have to get my pizza fix occasionally and I'm not going to make it from scratch just for myself.
3002 days ago



BOILHAM

DH is doing a great job at illustrating another one of my beliefs. That VERY intelligent men often (usually?) have a terrific sense of humor, even (especially?) when it's self deprecating.

Love the picture!
3002 days ago



RISINGBLUESTAR

Everyone comes around in their own time. Hopefully, before they experience any medical issues. Remember, there was a time that all of us on this site weren't exactly healthy ourselves. Patience is definitely key. Try encouraging him in subtle ways without making him feeling like you are pushing the lifestyle onto him.

Good luck & way to go to sticking to the healthy option. :)

3002 days ago



DEBBY4576

And you mean to say he survived the sugar, carbs and sodium content of that? It's a miracle.





3002 days ago



LINDAKAY228

Hopefully with time he'll come around, even if slowly. It took many of us long time to make the decision to eat healthy, and then we often slip up too. At least he seems somewhat open and doesn't tell you to leave him alone. I know you'll keep setting the example for him.
3003 days ago



COACHMOMMY

Wow, that "nutritional" label seems almost impossible! My DH also loves a sale and comes back from a grocery run (where he was supposed to pick up fruit & milk) with all of the processed "buy one get one free" stuff. Mostly, crackers, cereal, granola bars, etc., still not the most nutritional, but better than some stuff he could bring home. He also looks out for the sales on frozen vegetables, canned tomatoes, whole wheat pasta, etc. so he is trying!

His running is actually going better than mine now, so he is somewhat watching what he eats (except for the ice cream!).
3003 days ago



MISCHAKEO

The carbs and calories are amazingly high for one meal. I am sure your healthy eating habits are rubbing off on your husband. Keep him away from sales..LOL. We all can be intelligent and forget to focus on our bodies! My husband eats healthy with me and then snacks later on not so healthy items.
3003 days ago



JAHINTZY

phew!! scary! I haven't looked at one of those things in a long time... you've reminded me why I don't :)

We do have frozen convenience foods around at home from time to time though. The thing I hate most about those things is that you're usually hungry again after half an hour x.x
3003 days ago



CAKEMAKERMOM

My husband is still learning too, but tends to pick the things that have the higher calories. He found a pot pie from Boston Market in the frozen section. Serves 2 at 600 calories per serving... He will eat the whole thing.
3003 days ago



GINIEMIE

Just reading the nutrition label scares me. When Erik picks up a box, I show him the calories and fat content, and look for the sodium and cholesterol for my own edification. I'm trying to stay out of that aisle, but haven't totally convinced Erik yet. Luckily I only have a tiny freezer and he can't stock up!

I guess your husband is making progress, maybe he'll find healthier choices on sale for himself. Funny, I took a long nap yesterday-my sinuses gave me an earache and a sore jaw. My sinus pill made me sleepy!



3003 days ago



DR1939

DrGourmet.com does a weekly review of frozen meals. He reviews caloric content, whole grain use, salt levels, and taste. He uses a taste panel so it is not just his opinion. He is a physician and a chef. In general, he considers Smart Ones the best overall. I get online coupons from SmartOnes and stock up when they are on sale. They are for those times when I just can't manage cooking. Although he hasn't reviewed the larger sizes, some are available in a bag rather than a box and these are larger servings with more calories, but still within a reasonable range.

After I returned home from the hospital last Tuesday my husband did a grocery/pharmacy run. The next morning I picked up the receipt and noticed the first item was Bakery. He had bought a single doughnut and eaten it on the way home. I guess this is better than bringing home a 6-pack of



muffins.

3003 days ago



CD13024654

"Pork Rib Shaped Patties".... red flag much!?!?!?

This does not sound so appetizing. What a great example of when something looks good in the picture, but the nutrition facts help me steer clear!
3003 days ago





CD13136117

Thanks for sharing! You keep setting great example, and maybe some day it will rub off on him. He's a toughie - but you are stronger by staying with your healthy eating!
3003 days ago



WILSONWR

I used to like those things! I'm certainly glad they don't appeal to me anymore! It's hard to lose weight with those kind of numbers. (Don't even look at a Marie Callendar's Chicken Pot Pie - the large one -- over a thousand calories!!)
3003 days ago



CELIAMINER

Yikes!



I keep Helen's Kitchen (vegan, organic) or Organic Bistro in the freezer. Unfortunately, Organic Bistro seems to have morphed into Artistic Bistro and dropped the organic label.
3003 days ago



COCK-ROBIN

Amazing! And I used to eat those things all the time.
3003 days ago



SLIMMERJESSE

Yikes!

3003 days ago



CD8113065

I got chills just from reading the nutrition info. There was a time when I too would have grabbed one of those from the freezer for an "easy" meal. It's been at least 5 years since I've had a frozen dinner of any kind.

Here's hoping that your husband makes the change some day soon.

Scary stuff!!
3003 days ago



CD13167855

The ingredient list is scary.
3003 days ago



MJREIMERS

Isn't it amazing what's in those things?!



I remember eating the "regular" fried chicken and I did really like it. I would never eat those things now! I, like you, try to teach my family how to look at healthier options and make healthier choices.

My kids do pretty well, except when there is pop in the house. (Thanks to the husband.) Speaking of my DH, he just doesn't care. This upsets me because he already has high cholesterol, is overweight and eats like "poo poo." I still eat the way I eat and hope that I can lead by example!

I'm not too successful! He tells me he's built for comfort, not speed.



I guess we just do what we do for us and hopefully the husbands will come around!
3003 days ago



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