



BROOKLYN_BORN

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Sugar, sugar everywhere.

Sunday, February 09, 2014

I posted this photo a few years ago. Some of you know that I'm married to the junk food king. It will be 48 years in June.



Our table doesn't look like that anymore. He's cut down and keeps what he does buy out of sight. Out of MY sight, that is.

I'm proud of him. He hasn't lost any weight, but he hasn't gained any either and that's a victory of sorts.

As I think about society's weight problem this morning, I wonder if he isn't on to something. Maybe the first step isn't about losing the weight, but at least not gaining any more - kind of maintaining in place.

If after gaining the first 20, 30 or 50 pounds, we could figure out how to maintain at that weight, we wouldn't need shows like "The Biggest Loser."

Now back to DH. He's not a SparkPerson, but my years here have had an effect on him. He just sent me this link about the hidden sources of sugar.

[/www.kidney.org/atoz/content/5_Sneaky_Sources_of_Sugar.cfm](http://www.kidney.org/atoz/content/5_Sneaky_Sources_of_Sugar.cfm)

Sparkers are probably well aware of this since similar articles are often spotlighted here. But it sent me to my pantry to read some labels as it applied to us.

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Here's our "Sugar Score" for 3 of the "sneaky sources"

Me:

Bread (1 slice Nature's Own whole wheat) – less than 1 g

Cereal (Fiber One ½ cup) I always measure mine – 9 g

Beverage (always water) 0 g

DH:

Bread (Cinnamon raisin 1 slice) – 5 g

Cereal (Great Grains – Who knows how much he eats) 13 g in ½ cup

Beverage (Apple Cider) 30 g

The Sugar Score:

Me - 10 g DH – 48 g

Of course, quantity matters too. Usually I have 2 pieces of bread per day, which really doesn't add much sugar. I've acquired a taste for plain yogurt too which cuts down on another source.

I know DH drinks lots of cider and more than 1 slice of bread, but I don't monitor it. While I would like if he could lose 10 or 20 pounds, he's maintaining in place and paying attention to labels and I'm happy for that.

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CD14270285

I really enjoyed this post--am looking at the sugars in my diet and am finding a lot more than I thought. Who knew? Congrats to your hubby!

2676 days ago

v



MARYJEANSL

Gradual, small changes...you'll make a sparker of him yet. :-)

2679 days ago

v



BOOKAPHILE

We really can only make changes for ourselves. Others will eat what they want even if they have to sneak it. Good for your DH for learning to maintain.

2680 days ago

v



WATERMELLEN

You're having an impact -- and he's proceeding at his own pace. Good enough: I'm thinking this is the kind of acceptance that makes a long marriage like yours (and mine too) work.

2680 days ago

v



CD13758606

HFCS Yuck! You hit a milestone if DH is doing his own research!

W88!

2681 days ago

v



MERRYMARY42

my DH drank any and all fruit drinks for years, almost instead of water, and also liked mayonnaise on nearly everything he ate, (mashed potatoes, spaghetti) you get the idea, he quit eating this and within 3 months he lost nearly 50 pounds, of course he was close to 260, but he is a big man, he got down to around 210 and since has gone back up to close to 220, he should weigh about 20 pounds less but so much better than how he was,

you are correct about the hidden sugars, and if it isn't sweet, I sometimes seek it out

2681 days ago



v

CELIAMINER

You lead by example, and that's the best way. Hope he gradually comes around and starts

v



shedding some of the excess weight.
2681 days ago



JOYNEW

Yeah, it's a shocker when you start reading labels!
2681 days ago



GINIEMIE

My DH used to read all the labels for sugar, that's when we changed brands of spaghetti sauce. I used to make my own when I did not work and the children were young, but when I went to school and started working I took a short cut. I guess that's one of the short cuts I should consider junking.

I'm not a junk food junkie-generally speaking and most of my sugars come from home made traditional foods. Lately I've been considering the need for these "comfort foods". I've halved the recipes and give most to my children, but that's not helping them either. I eat more greens and veggies than before, but I could cut more of the unnecessary carbs out. I don't like American bread for the most part, so I don't get daily sugars there, I put one tsp of jams or jellies in my oatmeal. I did that after I cut my tablespoon of brown sugar out.

Reading labels needs to become a regular habit, since I relied on Steve to do it, I never really got into it. I do check for sodium though.

I think your hubby will get there, there is no point in nagging. Besides if he's sending you articles maybe he's ready to participate more in altering his diet.

Oh boy I went on a tangent again, sorry.



2681 days ago



ONEKIDSMOM

Several years ago I had a conversation with my then adolescent son. He pooh-poohed the idea of diets and described what he called the "guy diet", which was simply paying more attention to what one was eating... i.e. cutting back a little.

There are tons of jokes about this, but when I decided to "do something" again, I determined what my base metabolic calorie requirements would be "if I were at a desirable weight". If I consume that, I told myself, I should naturally get to that weight over time, right?

In other words, just not "feed" the excess pounds. It's a little radical... but you know what? It worked.

So your DH may indeed be on to something. Maybe this is what progress toward health looks like for the non-perfectionist American male? Good for him, and good for you, for the positive influence you're having!



2681 days ago



LINDAKAY228

If he's at least maintaining It sounds like he's doing not to bad after all those years! I would be nice if he could cut more sugar but I like the way you aren't nagging him and are being an example but letting him find what he wants. Too often women want to change men and it usually doesn't work.

2681 days ago



WILSONWR

At least he is now looking at the makeup of what he eats. That's a start!
2681 days ago



MISCHAKEO

Paying attention to labels and the sugar content is a good step for your husband. He is thinking about staying healthy. Maintaining in place is fine, until he is ready to start losing. My husband is in the same boat. He has been maintaining the same weight for a few years instead of losing.

The amount of sugar in our products is amazing. It is everywhere.

I have grown to like plain yogurt also!
2681 days ago



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