

# BROOKLYN\_BORN

Change Banner Image

**154,947**  
SparkPoints



- Info
- Photos
- Feed
- Blogs
- Awards
- More

## Can this be called food?

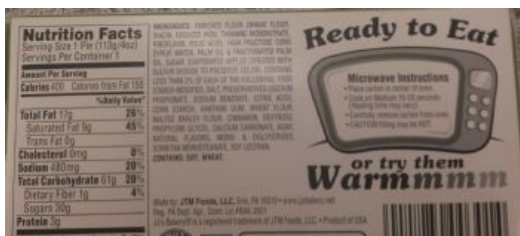
Tuesday, February 03, 2015

Yesterday, my errands were taking longer than expected and I was hungry. While standing at the “express” checkout with my 2 bananas, waiting for the clerk to get a “price check” for the customer ahead of me, I was attracted to this display.



REAL fruit filling. NATURAL flavors. Could it be?

Where are the apples? Oh, there they are, the 8th ingredient – “evaporated apples treated with sulfur dioxide to preserve color” It’s no surprise that those words weren’t highlighted on the front of the package in large print.



Consuming this would give me 400 calories and 45% of my daily saturated fat (actually more since I eat less than 2000 cal/day on which they base the 45%)

61g carbs? That’s twice what I get in my lunch and I’m the “carb queen.”  
30g sugar? Oh come on now!

No thanks. I’ll eat a banana.

I understand that what we put in our mouths is our own choice and responsibility. I only wish they wouldn’t push this stuff right in our faces.

I can imagine a stressed, busy mother watching her grocery budget throwing one or more of these into

[Add a Blog Entry](#)

See Today's Featured Member Blog Posts

### More Blogs by BROOKLYN\_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

her cart especially if requested by a child. They were 2 for \$1.

How can they gather all those ingredients, pay someone to produce it, print the packaging, and ship it from PA to VA and still make a profit while selling it for 50 cents? I suppose it's the economy of scale, mass production and cheap ingredients.

The "price check" that caused the delay gave me time to take these pictures, discouraging though they may be.

I perked up though when the price check finally came through. It was for "collard greens" – yea customer! Eat those greens!

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

## Member Comments About This Blog Post




**CD13376265**

I have a cloying sensation in my mouth just looking at the packaging.  
2314 days ago



**MOMTHEQUILTER**

 . Unfortunately, they are "tasty" to the American palate, quick to grab, and cheap. They are also hard to wean ourselves off of because the tastes are so strong and the sugar is so addictive. I have found that the "inconvenience factor" of needing to wash and chop vegs and fruits is a major barrier in my weight loss effort, though it is so worth it. It's too bad that the baggies of pre-cut and cleaned produce that is easy to grab for a quick hunger fix is usually more expensive than candy bars (and you have to go back to the produce department to find them, hard when you're in a hurry).  
2314 days ago



**SWEDE\_SU**

i bought marshmallows when the family came at christmas (daughter wanted the "damn yam casserole"), and there was some comment on the bag that said it was "a food product" or something like that - and you wonder, as you read the ingredients, what exactly made it food...  
2315 days ago



**CD13758606**

It gives me a migraine just thinking about all the preservatives. Whole foods, better choice.

**Well Said!**

2315 days ago



**LINDAKAY228**

Great choice on the bananas! I have to admit sometimes the junk food attracts me but then I think of the processed things and calories in it and decide against it. The junk food ads on tv also look appealing at times but rarely give in. It is pushed in our face everywhere though. Probably they make up some of the money with other products they also sell, along with mass production.  
2318 days ago



**MARYJEANSL**

Answer to the question - NO! I can't even look at junk like that anymore. I admit I have a major sweet tooth, but my homemade goodies (don't make them too often, but sometimes) are so much tastier, and I know what's in them.  
2318 days ago



**MISCHAKEO**

Yes..and those apple pie items are selling like crazy. Your banana is much more nutritious.  
2319 days ago



**CD4114015**

**AWESOME Well Done!**

and I agree TOTALLY. I actually think it is a sin what our country allows in food for the sake of the \$ god! Other countries don't allow so many of the things...it is getting so we



need a whole day at the store to READ about everything we are buying! Great blog!  
2319 days ago




**PHEBESS**

Yeah, I don't trust things that are processed, colored, flavored, have additives that sound like a chemistry set, all that. I'd rather be able to recognize what I'm eating.  
2319 days ago



**ONEKIDSMOM**

 The was a FAR better choice. As a former junk food junkie... now I'm like an ex-smoker... can't stand to be around the stuff. Yuck!

But you make good points about the pressures of a busy life: been there, done that... and economies / budgets are what they are!  
2319 days ago



**MIRAGE727**

Whoa! Outstanding! YOU WIN! Stay strong!



2319 days ago



**MJREIMERS**

Some may call it food, but I would call it preservatives. I may even call this "junk food" since there really isn't any "real" food in it.

I'll admit, I loved eating those snowballs. You know the ones? Chocolate cake covered with marshmallow and coconut and filled with cream. YUM! Yes, I still like junk food, but I don't eat it very often!

Thanks for the memory and for the realization!  
2319 days ago



**DOVESEYES**

Reading the labels has become a pastime of mine too, it's horrible what we can eat if not careful.

2319 days ago



**PLMITCH**

Absolutely scary what is in some "foods". My grocery store does not sell frozen chicken strips that are "uncoated" -- meaning all of them have a batter, which of course jacks up the calories, fat, etc. I have to go to Sam's Club to get my frozen "uncoated" chicken strips, which I use in burritos, salads, etc., but to your point, a mother / father who comes to my grocery store and wants frozen chicken strips can only get the battered variety, and if they are in a rush, etc., will choose that over going to another store. Frustrating...



2319 days ago



**DDOORN**


Oh the powerful currents we swim against to avoid such horrible things...!

I haven't bothered to look @ such numbers...amazing!

Don  
2319 days ago



**AALLEY2**

 Last time I was at the store there were many items on sale, but since I am monitoring my sodium I put them all back on the shelf. Either there were too many calories, sugar, and fat grams or the sodium was so high it was ridiculous. Even though I thought the prices were great, I put them back and thought the same things you did about the busy mom with kids. Even the store ads have all the junk on sale and not much for healthy food on sale. It's a shame, I never hear that mentioned on the news cast when they talk about how our society has become so obese.  
2319 days ago



**WALLAHALLA**

My son begs for the lemon ones...same brand. You should see the disgusted looks and hear the comments I get from people when I tell him no. There are way better quick snacks out there that are REAL treats!  
2319 days ago





**GIVEUP30**

No way is it food ...yes I use to get them thinking of the fruit not reading  
2319 days ago



**TERI-RIFIC**

I vote not food. We were neighbors with the Tabletalk Pie owners. They gave out whole pies on Halloween. Are you surprised that my husband loves these little pies? He likes the kind that have sugar glaze on them.  
2319 days ago



**DR1939**

So many people are eating fresh vegetables and fruits that the prices are rising. OTOH, in our small city we now have a much wider variety of vegetables available. It used to be that I could rarely find leeks except at the Farmers Market in the summer. Now there are always available.  
2319 days ago



**WILSONWR**

I'm constantly shocked by the ingredients in the items "pushed" at the checkout counters...  
2319 days ago



**MILLEDGE2**

How many times have I lied to myself that this sort of thing really WAS food?????  
2319 days ago



**NELLJONES**

Technically it's food because it does provide energy. I'll eat it if I am starving and there is no other food on earth.  
2319 days ago



**GINIEMIE**

We weren't allowed such stuff, and I baked my own pies, roll ups and cookies for my children

when they were younger. As Phoenix1949 said good reminder to read labels.



2319 days ago



**PHOENIX1949**

Appreciate the reminder to read those labels. And, this holds true even for healthier items that we pick up fairly frequently since ingredients change.



2319 days ago



**CAROLCRC**

OMG I used to eat these as a kid!  
2320 days ago



## Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

## Post Comment

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.