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DH gave away a package of cupcakes! Dare I hope?

Monday, November 05, 2012

Could this be a new direction for the junk food king?

My husband, aka the junk food king of the world, has carried on a 45 year affair with Little Debbie, the snack cake lady. On my sparkpage I have a candid photo of our kitchen table at its worst.

Recently while we were grocery shopping together, he passed up all of Debbie's "charms." He still put his sugar laden fruit juice and apple cider in the cart, but progress is progress. Then on the way out of the store there was a Bake Sale for a very worthwhile cause – a man with high medical bills not covered by insurance. When DH stopped at the table, I suggested we just make a donation and leave the homemade baked goods for others to enjoy. He got it halfway right. He bought 2 packages of cupcakes and told them to keep the change.

Once back home he was visiting a neighbor who was working on his house – serious physical labor. He told me about the neighbor's project, grabbed one of the cupcake packages and gave them to him.

My husband is about 20 to 30 pounds overweight. In our society that's hardly noticeable anymore. However, that's exactly the position I was in when I decided I didn't want to carry around the extra baggage any longer. Both of us have been considered healthy and fit. He swims, I run and we canoe and kayak, weather permitting. I've also written in a previous entry about how we switched to healthy nutritious meals about 20 years ago. Unfortunately, our weight didn't decrease at all since "portion distortion" affected us as much as it did the rest of America. Who knew that we were perfectly capable of eating enormous quantities of healthy food too!

He recently had a physical and the results, while not terrible, were heading in the wrong direction. That's not what you want to see at almost age 68. Since objective assessment by a professional doesn't happen all that often, it's easy to fall into a false sense of security.

Now considering his "donation" of baked goods: Was this just a solitary moment of generosity or maybe a sign of good things to come? Time will tell, but I'm hoping for the best.

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ILIKETOZUMBA

Ooh, that's a great sign!! Good for you guys for supporting a good cause, and good for your





husband for supporting a neighbor AND his own health at the same time! I checked your page to look at the photo of your table...I love that you posted that photo! LOL that is a LOT of junk food. :) It actually looks quite a lot like my in-laws' kitchen table. But it gives such a good idea of what your background and your particular challenges are like - I'd never have made it if my husband was such a junk food junkie like that. I am now that much more impressed by your accomplishments! :) And by your husband giving away those cupcakes! Hooray for conquering junk food (gradually)!
3142 days ago



WILSONWR
Hopefully that's a great sign. Maybe he has finally experienced that moment in time that makes you decide enough is enough. I hope so!
3143 days ago



CD11824494
Sounds like a wonderful thing in the making! Great job to the both of you!
3143 days ago



COCK-ROBIN
I am hoping the best for you and DH as well.
3143 days ago



KANSASROSE67
Hoping these small steps continue to lead to bigger ones! My DH needs to lose 30-40 pounds and though he's made some changes, he's just not consistent with them yet. But you're right that we can't push someone...it's a decision only they can make.
3143 days ago



ALLENJOSEPH
It was nice to see how your DH could change around from buying the cupcakes because it's always been a favorite of his, and then giving a package to someone else he thought might enjoy

them.   That is progress!
3143 days ago



MAHGRET
I think Little Debbie has some crazy addictive power-they call out to my husband, too.
3143 days ago



CD12758218
Sweets are a hard habit to kick. I have only toned my sweet tooth down, myself. But fingers crossed this is the start of a positive trend!
3143 days ago



HAYBURNER1969
Yay for Dad! His grandchildren hope it's a trend. They want him to be around for a long time.


3143 days ago



MJZHERE
It will be interesting to see what happens. My dh was not at all on board with me when I started - he was about 20 lbs over. After several months, and after I joined sp, he suddenly became interested and joined in and lost the weight as a result (it really wasn't effort on his part). Now, if I bring the stuff in (which shamefully I have because of sales, coupons, dgk, visitors) he eats it, but I have noticed the lbs have pretty much stayed off.
3143 days ago



TREYONE

3143 days ago



CELIAMINER
Loved the picture! My pantry used to look like that. Hope this small step in the right direction leads to another...and another...and....
3143 days ago



SMILES4383
Little Debbie Divorce
3143 days ago





BOILHAM

Ooooo, you said "Little Debbie". Who doesn't love her? Little Debbie Nutty Bars! Mmmmm. Too much fat though, so I gave 'em up.
3143 days ago



MISCHAKEO

My husband is about 30 pounds overweight also. He has lost weight this last year but needs to lose more. We are also eating healthy meals..but like you say portion matters..plus the snacks he has later.



I am happy for you and your husband. It could be a sign of good things to come. Maybe the lab test is pushing him on the path of health!!



3143 days ago



SUZYMOBILE

I'd say it's a trend!
3143 days ago



MENNOLY

I hope he makes the changes he needs to make to join you in a state of fit and healthy weight. Have a great week!
3143 days ago



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