



# BROOKLYN\_BORN

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## I live with the junk food king of the world

Sunday, September 23, 2012



Here's a picture from my sparkpage, posted when I first joined several years ago. This is not a staged photo. My table really looked like this. It's somewhat better now since I refused to buy it. He has to shop and bring it home himself which has slowed him down a bit. When we shop together our cart is a study in contrasts with my organic Greek yogurt sitting next to his enormous package of éclairs.

My husband, I love him dearly. We've been together since we were 16 and 18 and have been married for 45 years. He has also carried on a 45 year affair with Little Debbie. You know, the snack cake lady? In fact, he has never met a donut or snack cake he didn't love and just have to bring home. Toaster pastries, pop-tarts, packaged bakery items, chocolate, crackers, jams, jellies and an amazing assortment of sugary drinks have always filled our house. Every Breyers Ice Cream sale adds 4 cartons to my freezer. Yes, FOUR – buy one get one free. If there wasn't a limit, there would be more.

There are obstacles to eating healthy everywhere we go. I have one right here at home. He has to eat my healthy lunches and dinners since he doesn't cook, but trying to eliminate the junk is a losing battle. I just don't have to lose the battle along with him.

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**MISCHAKEO**

Exactly right. You do not have to join him or everyone else who is eating junk food around you. My husband late night snacks and I do not join him.



We have got to be focused on staying healthy no matter what anyone else is eating.



Great job of being strong.  
3184 days ago



**PHEBESS**

Yup, totally understand! I married the burger meister and fries fiend. His mother once told him he had to buy every single burger he saw, and that wasn't far from the truth!



I finally told him I'm not eating burgers, or fries, or any of the foods he loves - I'll eat my way, he can eat his, and that's the way it's got to be - or else I'd end up buying my clothes from Omar the tent-maker.

3186 days ago



**MJZHERE**

There you go - you don't have to lose the battle with him. With my DH, I just think it is a little unfair that he can eat all that junk and not deal with the weight gain. And to top that off, he doesn't



eliminate it but maybe cuts out eating half a bag at a sitting and loses weight. jeesh  
3186 days ago



**NWLIFESRC**



3186 days ago



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