

Obesity and government control

Government



**ASSIGN
BUSTER**

Obesity and Government Control In today's society there are many Americans who are either overweight or obese and have diabetes. David Zinczenko in "Don't Blame the Eater" argues that fast food companies are to be blamed for the obesity that is now very common in the US. Radley Balko argues in "What You Eat is Your Business" that the government is responsible for the obesity epidemic that the US is found in today. The government should have some in not all control or regulations on what the people of the country decide to eat.

With no control the US is headed for a nation of overweight, obese, diabetic, and unhealthy people. Before the early 1990's, diabetes found in children were usually because of genetic disorders and around five percent of the children were obese or had Type Two diabetes. According to the National Institute of Health, about thirty percent of the children population has Type Two diabetes. Because of the increase in the amount of people who are being diagnosed with diabetes, the amount of money spent on health care costs is a surprising one hundred billion a year.

Since 1969 that has been a dramatic increase of about ninety-seven billion. (Zinczenko) Zinczenko argues that many fast food restaurants don't give information on the calorie count their food contains. Unlike grocery items, there aren't many fast food companies that provide their clients with the calorie information on their food labels. By not giving out this important information, consumers aren't aware of the unhealthy consumptions.

Although this is a good point, we as humans are smart enough to know that if we walk into a fast food restaurant, the food we buy isn't going to be the healthiest and that if we eat this type of food twice a day every day or even

every other day, we will eventually put on a great amount of weight and make our body vulnerable to health risks such as diabetes. The government should make it a law for restaurants such as McDonald's, Burger King, and Wendy's put exactly how many calories each thing on their menu has.

The fast food industry doesn't only target adults but also children by selling kids meals that come with a toy from that popular movie every child wants or has watched or that popular toy company. This is how they attract kids but in return for the money, they give kids that delicious but unhealthy burger with a toy that usually ends up lost or in the garbage after a few days or even hours. Instead of giving a side of fries and soda, what they should do is give kids a daily fruit serving with the choice of either orange or apple juice. There should be a regulation on the amount of calories children can consume at these restaurants. These children are the future of the country and if they grow up having horrible eating habits, how is this country going to get anywhere with people who aren't able to do a certain job because of their health problems? The government should put very tight restrictions on how the fast food industry carries itself when it comes to selling food that isn't healthy.

According to Zinczenko, "prepared foods aren't covered under Food and Drug Administration labeling laws." (Zinczenko 393) This is one very important thing that the government should definitely change. People need to be informed with the amount of calorie intake that delicious Whopper has. If the person sees how many calories they are eating they may second guess about eating fast food four times a week. Changing this regulation can make a difference on someone's life.

Balko states that, “ state legislatures and school boards across the country have begun banning snacks and soda from school campuses and vending machines,” (Balko 396) and that this is not the way to combat obesity. By the government banning the unhealthy foods we eat, they are taking responsibility on our health care and wellness, instead of us worrying and taking care of ourselves. Although Balko makes a good point, right now the government had no control on our food consumption choices and we are still making horrible health choices.

If the government takes control on the food we can and can't eat, we soon will accustom ourselves to pick a fresh apple over some deep fried onion rings. Pretty soon the US will find itself in a society where the amount of people who are diabetic and obese isn't sky rocketing. Like everything, there is always going to be those people who don't agree with the government telling us what to eat and what not to eat. The way I see it right now, in this specific time in life, I would agree with the government helping us out.

A little push won't hurt and in the long run it can make a huge difference on our own health and for the health of those we care most, them being our children, parents, family, and friends. Works Cited Graff, Gerald, and Cathy Birkenstein. " Don't Blame the Eater. " They Say / I Say: The Moves That Matter in Academic Writing. New York: W. W. Norton &, 2010. 391-94. Print. Graff, Gerald, and Cathy Birkenstein. " What You Eat Is Your Business. " They Say / I Say: The Moves That Matter in Academic Writing. New York: W. W. Norton &, 2010. 395-99. Print