

Our national eating disorder by michael pollan

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One strongly agrees with the author's contention since overindulgence in determining the exact count of calories, the ingredients, the effect of each component, and the extent to which the effect of each food to be consumed needs to be determined takes out the very essence and purpose of consuming food. Due to the emphasis of various health agencies to promote healthy living and the ever-changing advisories on which food items that need to be consumed, Americans became excessively conscious of their health - but not necessarily evidently healthy. As emphasized in the article, "worrying about food is not good for your health" (Pollan par. 19).

The fact that the major health agencies in American remain adamant at exerting more efforts on fighting obesity evidently confirms that all the public announcements and awareness campaigns on which food to eat, how much, when, and how frequent apparently does not effectively work. All the public health awareness programs seem to make Americans more worried about the negative effects that food components or ingredients impact on each individual in each meal that is taken. In fact from the statistics provided by the Nation Master on obesity on a global scale, it was revealed that the United States topped the list with 30.6% of the population being obese (Nation Master). As such, it confirms that the author was correct in asserting that the nation clearly manifests an eating disorder: not in terms of being unaware of the kind of food that should be taken; but more so, on the way that food is unappreciated as means to appreciate and enjoy the company of loved ones. One looks at the dilemma more as an information overload on the need to focus on health benefits that the population became indifferent and callous to the messages relayed.