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other cultures



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23 March Obesity is seen more in Americans than other cultures: Most Americans spend a life style in which people, specially the younger lot heavily depend on junk food. Consumption of junk food is massive among people from all age groups in general, and youngsters in particular. There are many reasons to explain why most Americans choose to rely on junk food. First, food that is fundamentally based upon vegetables is mostly not the choice of any person who takes food as a means of entertainment and enjoyment. The variety vegetables can provide an individual is just too limited to make them a permanent source of energy. Because of this, people opt for eating meat. Raw meat is too expensive in America for most people with average monthly income to afford. Its price is too high, so it usually remains beyond the approach of most Americans. On the contrary, fast food is something that complies with the standards of the modernistic life style. Not only is it fairly easily affordable for most Americans, but also it feels extremely nice to the taste and tempting to the touch and the sight. Fast food culture has readily grown in America in the recent years. In addition to the fact that healthy food is expensive in America, Americans generally remain too busy to find time to make food in home for themselves. Life has become more and more mechanical over the years. In order to manage the expenses, people have to work as much and as often as they can. Therefore, they largely rely on junk food. These traits of the American culture make them fatter than non-American people.