

## Obesity in America.

It is predicted that by 2020 nearly half of all Americans will be obese(Mata, "Restaurants Supersizing America".)Americans seem to be getting bigger and bigger and as time goes Americans are trying to find the culprit. People are blaming the restaurants of America, but is it really the fault of the restaurants for the rising rate of obesity. There are research and experiments done to show that restaurants are not the cause of obesity. Obesity comes from people who cannot control how much or how often they eat and also the type of food they put their body. Americans are choosing to eat this way.

The first article brought up some interesting points in the argument of restaurants causing obesity. "Are Restaurants Supersizing America?" stated that the amount of restaurants that are in the United States is at a record high(Mata.) The article also stated that not all obese people eat out all the time. For example, someone who cooks at home controls the portion of food they eat so even if it is a healthier meal the fact that the person can indulge in more food than the recommended serving size will cause obesity. The article also stated that the distance from a major highway did not affect the BMI (body mass index)(Mata, "Are Restaurants Supersizing America".) So no matter if someone lives far from a highway and eats most of their meals from home or eat out, people on average have the same BMI. So if the body mass is not fluctuating how can restaurants be to blame for making people obese?

In another article it states that being obese is having a body mass index of thirty or higher(Univ. of Rochester, "Take Out Food is Worse For You".) Obesity seems like it is rising because of the availability and price of food that is not good for us. Even with all the restaurants being around and food being cheaper than it has ever been, the American people still have to make the choice to eat these foods. Another contribution to America's obesity is the more readily available soft drinks in such large sizes, but it is still a choice to put it in your body(Univ. of Rochester, "Take Out Food is Worse For

You".) So overall it is much easier to be obese now than it used to be, but the citizen must chose to eat this way.

Another article continued to agree with the claim that restaurants nowadays are making it easier to be obese, but it is not the only choice to get food and nutrients. It is stated that child obesity rates have tripled from five percent to seventeen percent in recent years(N.B.E.R., "Fast Food Restaurants Contribute to Obesity".) This stat is weird because children do not really have a choice in what they eat. Their parents decide their diet and such. So inevitably the parents and people themselves are choosing what to put in their bodies and their children's body. Although restaurants may not offer food that is very healthy, they do make food that is fine to eat in moderation. Portion sizes have been growing as well. So when people go out to eat they are getting more food than ever before, but there is no reason why half of the food can be eaten and the other half be saved for their next meal. All of these factors can cause obesity, but there are steps that could be taken to avoid obesity as well.

It has also been stated that restaurants foods have been getting more fattening over time(Jameson, "Eating at Restaurants Boost Risks of Obesity".) This is a growing problem, but restaurants have also starting offering many more healthier options in their menus. This means for the American people even if you go out to eat you can find a slightly more healthy dinner than before. Even though restaurants are changing their menus the American people are not changing their eating habits and still will over eat themselves until they become ill or obese. This obesity problem has cost the country up to 15 million dollars in medical bills in one calendar year(Swaine, "Fast Food Restaurants not to Blame for America's Obesity".) Hopefully the American can get better with their eating habits and make the rate of obesity fall.

Overall through all the articles and facts and stats it has been concluded that while restaurants are definitely worse for us than they used to be, but we the American people can chose to eat smarter

and lower their obesity rate. It is in their hands to put good food into their bodies and teach their children how to eat right. So with all these temptations and more readily available fatty foods they must be more aware of healthier options that can be taken. This is also not to say that restaurants should only offer healthy options because the food being served now is fine as long as it's ate in moderation.

In my personal research, the people around me were surveyed. They were peers, parents, and grandparents and found when asked the question are restaurants causing obesity in America? All 100% of respondents said that they thought it was not the restaurants fault. All people said that the people who are eating the food are to blame for being obese. This interesting that not one person disagreed with the point of view of this issue.

With all this in mind it is safe to say that restaurants are not the cause for obesity in America. They may have made it easier for people to be obese in America, but they are not the reason. The people who cannot control how much food they eat or the type of food are the ones to blame for obesity. Restaurants have offered healthy options for people and many have chosen to ignore it. So let us hope in the future Americans can be smarter with what they eat and reduce the obesity percent in their country.

Work Cited

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