Argument outline

Introduction: (attention getter)

Why is America becoming more obese each and every year? Is it the persons fault for eating too much or is something else to blame for this epidemic? In the 1950’s obesity was at ten percent across the nation but in 60 years it grew to a whopping thirty-eight percent according to the <HTTPS://www.cdc.gov/ncns/fastats/obesity-overweight.htm> Why is this? People have been eating the same food for the past thousand years from the meat of the cows and chickens to the greens of tomatoes and corn. It possibly can’t be our fault for this. Every year more and more fast food chains set up shop around the corner from your house selling these foods people have ate for millennia. But what exactly is in it? Is it fresh or is it processed? What are the nutritional values of these foods? I ask myself these questions all the time as I’m entering a fast food chain. The food is so good yet its destroying your body so easily. Over time you see yourself getting bigger and bigger and you want to stop eating but after a while you’ve gotten so use to this quick fix of food that you don’t want to go back to eating actual healthy foods. Eating is a real addiction just like smoking and needs to be censored. In fact obesity is now second only to smoking as a major cause of preventable deaths. What’s going happen when it reaches 50 percent? When is this going to stop?. Hopefully this speech will help you understand how processed foods and fast food chains are causing a huge epidemic in the U.S

Processed foods first main point:

The average restaurant meal is four times larger it was in the 1950’s according to <https://www.treehugger.com/green-food/our-meals-are-4-times-larger-1950s-infographic.html>  These larger portions at restaurants and at home, increases added sugar, sodium and fat to a persons diet. Grocery stores have been doing this for years. Getting bigger and bigger as our country grows. Filling their shelves with processed foods like cereal, canned vegetables, savoury snacks, and convenience foods that are already prepared all you have to do put them in the microwave and eat. In fact according to <http://www.medicaldaily.com/grocery-stores-sell-processed-foods-high-fat-sugar-and-salt-more-anything-else-327580> nearly 80 percent of calories consumed from grocery stores in 2012 were from ready-to-eat or ready-to-heat food items. Why has this nation become so lazy in our eating habits? Processed foods are a dominant stable part of U.S. purchasing patterns, but also that the highly processed foods that households are purchasing are higher in fat, sugar, and salt, on average, compared to the less-processed foods that they buy. 62 percent of what you purchase at a grocery store is indeed processed. Processed foods are energy dense where as whole foods is nutrient dense. This means whole foods provides  fiber, vitamins and minerals with low added sugar and fat, while energy dense foods, or high calorie foods, provide many calories with little value to your body as stated by <https://foodandnutrition.org/blogs/stone-soup/whole-foods-vs-processed-foods-less-actually-better/> the proof is in the pudding. Literally. It is important that when we discuss processed foods, we acknowledge that many processed foods, such as canned vegetables or whole grain breakfast cereals, are important contributors to nutrition and food security, However, it is the highly processed foods those with an extensive degree of processing that might be related to obesity.

Fast food chains:

An industry that generates 570 billion dollars annually according to <https://www.franchisehelp.com/industry-reports/fast-food-industry-report/> this industry has been around for decades. With over 152 thousand fast food chains nation wide fast food chains thrive in fact 1 in 4 people visit a fast food restaurant daily stated by the movie “*Super size me.”* That’s approximately 80.75 million people. I wanted to see how bad fast food is for you and if you go on to mcdonalds.com you can actually calculate the nutritional value of your meal. I ordered

Two McDoubles with no pickles

Large fries

A sweet tea

And an apple pie

This resulted in

**these numbers might alarm you but the real question is what is in mcdonalds? So according to** <https://www.cbsnews.com/news/americans-are-obsessed-with-fast-food-the-dark-side-of-the-all-american-meal/> Hamburgers are now made in gigantic factories. There was a time when hamburgers were made from beef from one cow. Fast food chains use to buy their meat from local suppliers in a local region. So fewer cattle were used to get the meat. The fast food chains had such a demand for hamburger meat that tasted the same they helped create factories to make ground beef. It's all very scientific. Today a typical fast food hamburger has dozens or hundreds of strips of beef from different cattle, in different regions blended together. So, if you have one sick cow in the batch, then the risk of getting sick is greater Just about all the food in a fast food industry is processed, so much of the flavor is destroyed. flavor has to be added.

conclusion:

Finally One solution to this processed food problem is whole foods. If you’ll see usually processed foods are in the aisles where as the whole foods are on the outskirts of the store. Make a shopping list that brings you around the perimeter of a grocery store. Instead of going to the fast food chains you should make food at home. Whole food. They’ll make you feel a lot better an hour after than eating fast food because every time I eat fast food I generally feel guilty about it and bloated. Being big as a kid I could relate to these problems because for one I loved fast food because of how good it tasted secondly i loved food in general and It was usually sugary processed foods and for a long time I was big until my dad put me on whole foods diet and it changed my life completely. Even though I have to gain weight for football I still eat healthy. Being big helped me realize how bad we need to stop these companies producing foods that just destroy our bodies while their making millions from us. I hope this changes your outlook on processed foods and helps you realize how harmful it is to your body.

REFERNCE PAGE

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