

Addictive Behaviors

Battle & Brownell, 1996

Americans live in a "toxic food environment . . . (that) provides access to and encourages consumption of a diet that is high in fat, high in calories, delicious, widely available , and low in cost."

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Propose:

- Government subsidies for healthy foods.
- Government taxes unhealthy foods.
- Minimize or eliminate advertising of candy, soft drinks, fast foods and sugared cereals aimed at children.
- Government provides opportunities for physical exercise.
- Schools provide "psychological inoculation" with respect to weight.

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