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Does American Society Blame Fast Food Too Much For Obesity?

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Abstract

Obesity is a growing epidemic that could become the leading cause of death in American society. Society sees it and does nothing about it. I found that American society blames fast food too much for obesity, that we are doing nothing about it, and the restaurants are reacting by making changes.

Key Points

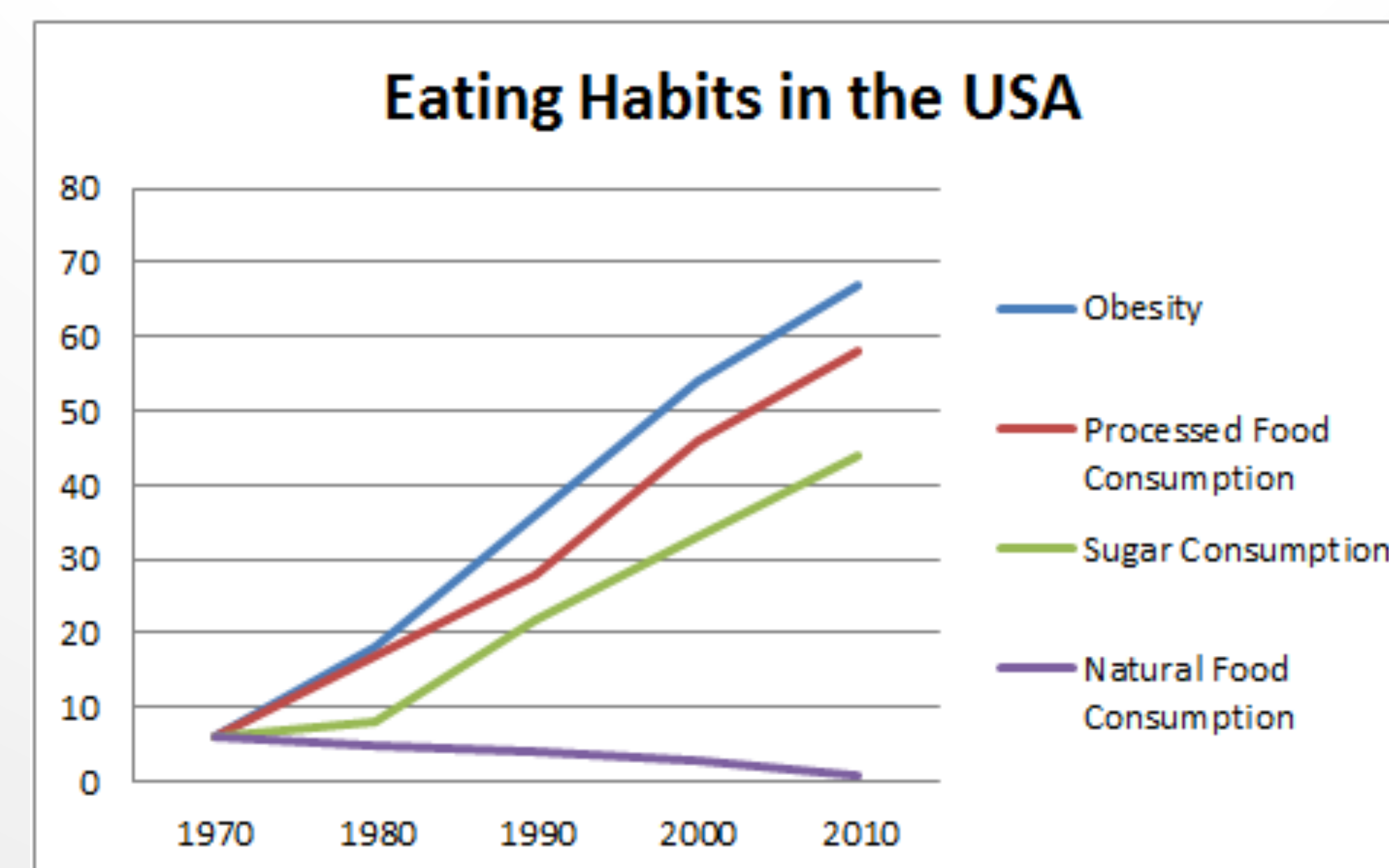
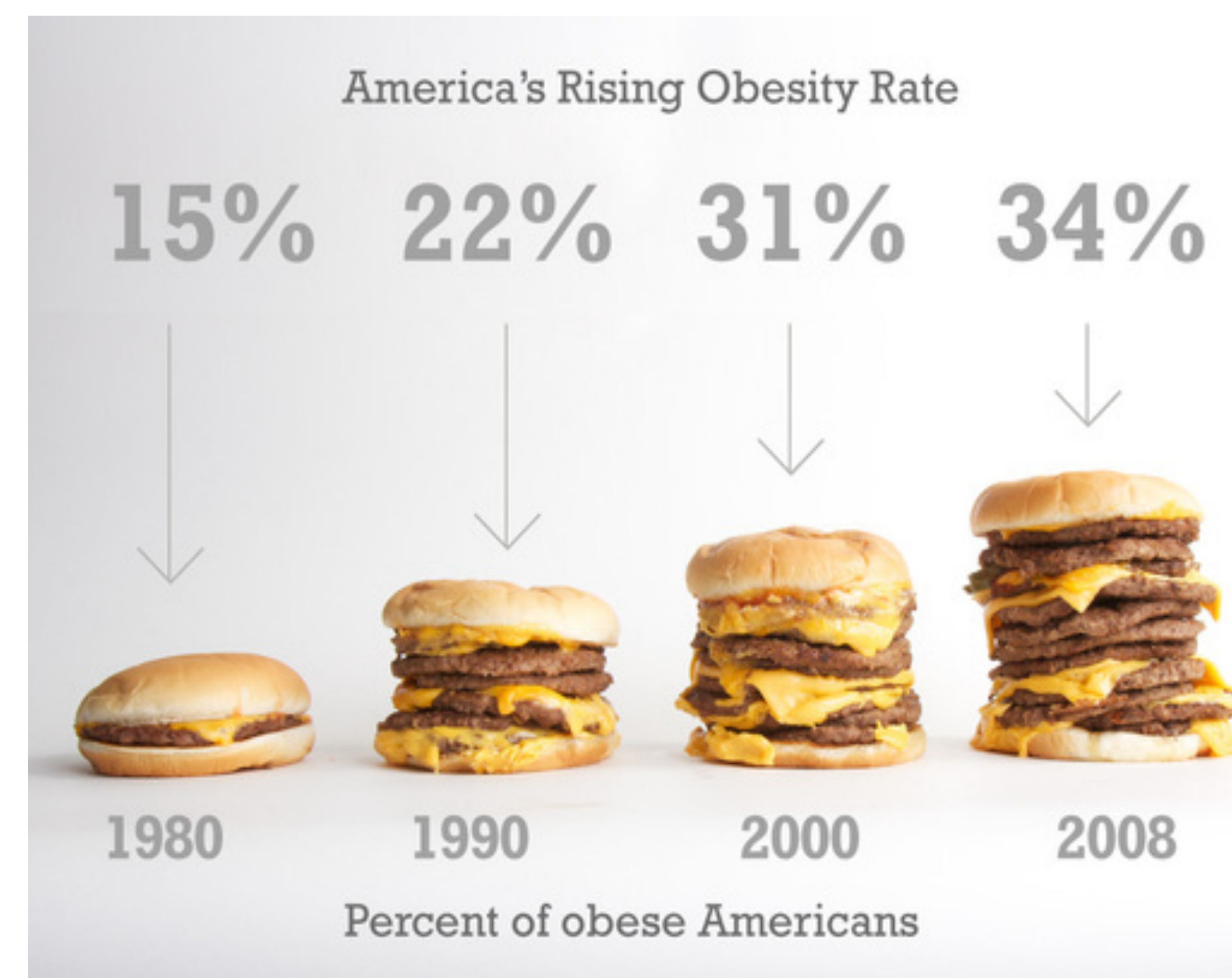
- Fast Food restaurants are blamed for obesity because they sell greasy and high calorie products.
- Society does nothing positive to resolve this epidemic; instead:
 - schools cut Physical Education classes and budgets
 - adults use technology to distract kids
 - technology inhibits children from exercising
- Restaurants are striving to provide healthier alternatives:
 - cutting portion sizes
 - adding more salad options
 - removing soft drink options from kids menu
- They are also investing billions of dollars to create healthier products such as “McLean Deluxe Burger” and “Border Lights.”

Conclusion

My thoughts corresponded my findings because society is just letting obesity statistics grow even though fast food companies are working toward providing healthier options. Society is doing nothing to ensure that obesity rates go down. We as a society need to live healthier lives to ensure that obesity does not become the leading cause of death in America.

Future Research

Future research would include looking at whether or not removing soft drinks from fast food menus would affect society. Also I would research what would happen to to our economy & our health if there was no longer fast food restaurants.



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