

Lindsay McCallum

McDonald B1

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Unhealthy Habits

A habit is something that is practiced regularly and is a tendency usually among people. Some habits can be good and some can be bad and harmful to the body. A good habit would be exercising regularly or making your bed every morning whereas a bad habit is something harmful like smoking, drinking, or biting your nails. A major unhealthy habit that is affecting most people is unhealthy eating. The foods that are accessible to us are what cause this bad habit.

BMI is the body mass index which is how much body mass someone has. A healthy BMI for the average adult male is 18.5 to 24.9 which is equivalent to between 121 and 163 pounds. A healthy BMI for the average adult female is the same but, it is equivalent to between 108 and 144 pounds. Today in the United States, the average BMI for male and female are between 26.5 and 26.6 which is considered overweight. This tells us that most people in the United States are overweight (National Health and Nutrition Examination Survey).

Over the years foods have become more and more processed than they once were. Almost every packaged food has high fructose corn syrup which can increase belly fat by 15%. People are less interested in fruits and vegetables due to them being more expensive than a bag of chips, but in the long run, the bag of chips will have more expense on your body and health than out of your pocket. Many articles and news shows have talked about healthy eating habits

and ways to stay healthy so, the question is why do we still eat the way we do when we know the way we should eat?

David Kessler, the former administrator of the Food and Drug Administration, said the problem is a combination of the addictive salt, fat and sugar added to most foods that allow the consumption of vast quantities. These ingredients become addicting which pushes us to buy more of it. Kessler states "If I give you food that has a lot of salt, added sugar, and fats, it will stimulate us more than anything else." Jayne Hurley, a senior nutritionist at the Center for Science in the Public Interest conducted a study which showed that almost half of our food dollars are spent eating outside of the home at places that don't show you the amount of calories you are consuming. She states "people just have no idea how many calories they're eating," and as the portions keep getting bigger people don't know what the correct portion looks like (Bernstein).

Kessler and Hurley both admitted that they have noticed some restaurants offer smaller portion sizes and put healthier meals on the menu (Bernstein). This is only one of the many ways that can contribute to healthier eating habits. If people pay attention to the amount of calories they are consuming and buy healthier foods at the grocery stores, the majority of Americans would not be as overweight as they are today. Food companies should also be advertising healthier options and watch carefully how much added ingredients are going into the foods. In the long run, it is truly our decision on how we eat but we are only given one body and it is important that we give it plenty of nutrients to help us grow and maintain a healthy body weight.

