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What's in that Muffin?

When you hear someone say “America” many people think freedom, a happy nation, and even justice. But if you live here and actually look at what's going on you can see that we are not the great country we are set out to be. The thing that we all know and love and couldn't live without, literally, is food. We all eat it, some of us watch what we eat while others just consume what's in front of our faces. Some of us don't even know what is in the food and how it is prepared. Do you know exactly what's in that food that you're stuffing in your face as we speak. You shouldn't have to search it out. You should be told by someone, someone who is sweeping a major concern under the rug. The industry should tell us what they are making and not only tell us it's tasteful but also what the ingredients are and what they consist of. We should be aware of the foods we consume. In the foods we eat there are ingredients that are outlawed in other countries, ingredients that replace the nutrition, and ingredients that can cause death to you, a family member, or a friend.

There are several ingredients that Americans consume every day that other countries around us have banned. These countries have realized how hazardous and harmful these ingredients are. From the website www.shape.com I researched Nutritionist Mira Calton who traveled together with her husband Jayson Calton on a six-year trip to 100 countries. Calton studied over 150 ingredients. She wrote the book “Rich Food, Poor Food”. She and her husband came up with 13 foods to stay away from. One of the ingredients that are a main thing that we consume every day without realizing it, is coloring agents. Referring back to www.shape.com back in the day coloring agents were all natural. The colors came from

saffron and turmeric. Now we use a little something made from coal tar. Sounds bad doesn't it? But that's not all. "Coal tar is used to preserve and protect the shine of industrial floors," Calton says. "It also appears in head lice shampoos to kill off small bugs." Yuck and we consume that? In our own home country we are being fed things that others around us refuse to feed to their people. But not banning things like this is not all. The companies we know and love have replaced some foods that we thought were ... Natural.

Several of the natural foods that we consume every day have been replaced with artificial flavoring. You know that delicious blueberry bagel you ate recently or that blueberry cereal? It tasted great didn't it? But was it natural or artificial? Those blueberry specks you find in blueberry flavored products are more than likely not blueberry. Don't get me wrong some blueberry flavored foods do use real and natural blueberries but several of them don't. Food companies use "red No. 40 and blue No. 2 as blueberry imposters" says www.naturalsociety.com. "Blueberries have one of the highest concentrations of antioxidants of any fruit, according to World's Healthiest Foods." First they feed us something outlawed in other countries and now they change our diet. What's next you might ask, how about food that has been proven to cause ... Disease.

Many foods can cause disease, whether it is serious or not. Certain ingredients can be the cause of the disease. "Much like Brominated vegetable oil used in many sports drinks and citrus flavored soft drinks." Says www.shape.com. This is another ingredient much like the coloring agents. This ingredient is banned in many countries while in the U.S. it is still used. Yes it helps prevent the flavoring from separating and surfacing to the top of the beverage but that doesn't make it ok. "Because it competes with iodine for receptor sites in the body, elevated levels of the stuff may lead to thyroid issues, such as hypothyroidism, autoimmune disease, and cancer." Calton says. This stuff can cause cancer if you have too much consumed doesn't that sound scary. According to www.shape.com Brominated vegetable oil has a main ingredient called bromine. Bromine is a poisonous chemical, this chemical is considered

corrosive AND toxic. Bromine, according to that website, “has been linked to organ system damage, birth defects, growth problems, schizophrenia, and hearing loss.” Great so betrayal and secrecy.

This is the deceitful world we live in. The food industry allows harmful ingredients and changes our natural foods to these artificial things. Our country is the top country for obesity according to www.whichcountry.co. Being the first is a good thing but not in this race. Of course we can't control the things other people eat but we can control the *harmful* things our country consumes. We can't force feed them fruits and vegetables but we can take away the false advertisements and show them what's really going on. People don't fully understand that obesity is not just being fat. Obesity is a harmful condition. “Obesity increases the risk of developing related conditions such as diabetes, hypertension and sleep apnea, to name a few” says www.obesityaction.org. You should become more aware, not just for the sake of obesity but also the sake of staying healthy. Disease is not fun so if you can prevent it, shouldn't you?

Work cited

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<http://naturalsociety.com/blueberries-real-many-processed-foods/>

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