Article – “Supersize Me”

1. Claim - In the United States, the prevailing culture actually promotes obesity, making an unhealthy lifestyle the default option.
   1. Reason – “Calorie-dense foods are far more readily available than ever before.”
      1. Food is cheap and plentiful
      2. Fewer families have a stay-at-home parent to prepare meals from scratch – so eat more processed convenience foods, take-outs, and fast food
         1. Half of the average American food budget goes to food eaten outside the home
   2. Reason - Another insidious influence on the American diet has been the gradual increase in portion sizes
      1. You eat more even if you don’t finish it.
      2. Companies make more profit by increasing portion size and charging more because the cost of food is low compared to the cost of packaging and transportation.
      3. A quarter-pounder with cheese and super-sized fries and a Coke is 1550 calories.
         1. about 75% of the recommended daily calorie intake for an average woman
   3. Reason - The supersized diet is becoming the norm just as activity levels are dropping to an all-time low.
      1. 1/3 of all U.S. secondary students fail to get enough physical activity.
      2. 1/10 get no physical activity at all.
      3. The average child has no physical activity in school.
      4. Many schools no longer have breaks, let alone structured physical activity.
   4. Reason - Thanks to the way that most U.S. towns and cities are designed, it has become increasingly difficult to get anywhere without driving.
      1. We have suburbs without sidewalks.
2. Ironically, the U.S.’s obesogenic environment is one that societies through the ages have dreamed of: tasty, cheap food in abundance and barely a lick of hard work to be done.

Article – “Don’t Eat the Flan”

Hook – Ominous and sensational headlines about obesity.

(No Background)

Counter-argument – There are those who will tell you you can’t say . . . Well, their wrong.

1. Claim – The media will not state that the sin of gluttony is at the root of the obesity epidemic.
   1. Reason – The author could not get information on gluttony.
      1. A clerk in the religious bookstore at the fuller Seminary in Pasadena could find a book on gluttony in the store.
         1. Referred writer to a medical book on eating disorders instead.
         2. Then said there “might” be one in the self-help section
2. When asked to interview a professor who might be an expert on sin, he was told there were none at the conservative seminary who had anything to say on the subject.
3. Reason - It is thought that telling people to not eat too much food is “counterproductive.”
   * 1. Being told it is immoral not to eat or having parents tell you not to overeat is considered horribly dangerous: “like Ted Bundy at a Girl Scout convention.”
        1. Obesity counselors would will often say it is “veritable child abuse.”
        2. The belief is that food should never be a dinner time battle.
     2. An overweight person who is told not to eat will feel “stigmatized.”
        1. Medical and public health officials say it will cause eating disorders, low self-esteem, and bad body image.
        2. There is no evidence to support that it is dangerous to stigmatize unhealthy behavior.
        3. The negative consequences of being overweight are “numerous and well documented.”
        4. But public health campaigns for safe sex and smoking that stigmatized the healthy behavior proved highly effective in reducing the risk.
     3. But without the ability to send this message, children are vulnerable to food advertisers, because theirs is the only message they do hear.
        1. These advertisers spend billions of dollars teaching kids to bug their parents for high-fat and high-sugar foods.
4. Reason – It is believed instead that kids should be in charge of what they eat.
   * 1. It is said that
        1. Kids know when kids are full also gets in the way.
        2. Kids have the right to make bad nutritional decisions.
     2. But France has avoided the obesity epidemic by creating a culture of dietary restraint with a state-sponsored program.
        1. Parenting manuals, workshops and books that said parents needed to be in control.
           1. should moderate portion size
           2. should make desserts just for holidays
           3. should send the message that eating too much food is a bad thing
5. The French are legendarily lean because they were directly taught as children not to overeat.
6. Obesity is caused by no one being willing to say that eating too much is wrong.
7. Reason - Teaching that gluttony is a sin has been eliminated.
8. Reason - We have been taught that we will hurt our children by telling them not to overeat, so they only hear the message of advertisers telling them to eat junk.
9. The French are a modern nation that has remained lean because they had a program that made parents teach that eating too much was a bad thing, instead of kids being in control.