Junk Food

Obesity has become a serious problem in the united states. Source A from New York Times Upfront, Source B: MedicalDaily, and Source C an infographic from Norton Center all argue about obesity and how it has become an issue. Though, school cafeterias should not sell junk food because of all the obesity problem the United States faces, it will benefit the country, and the sugary obsessions will decrease.

To begin with, many people suffer from obesity problems. Being obese can be seriously dangerous. According to Source A, the author states, “Nearly 300,000 people die each year from complications associated with being obese or overweight .” Having many deaths caused by being overweight or obese is very concerning. That is because it shows that many people are extremely unhealthy. Many adults who are diagnosed with obesity probably started being unhealthy at a young age. Source C’s infographic states that, “25,000,00 children in the United States are overweight or obese. That's equal to 1 out of every 3 kids.” This may be an effect of having junk food sold at school cafeterias because kids will not only eat junk foods at home but at schools too. So banning junk food from school’s cafeterias will help decrease obesity problems.

To add on to, cutting junk food from school cafeterias will help benefit the country. The government is already paying a lot of money for other health care and now it pays more for obesity. According to the infographic of Source C, it states that, “ By 2018 the U.S will spend $344,000,000,000 on obesity-related health care costs.” That's a whole lot of Money being wasted on people who don't know how to be healthy. It just doesn't seem right because that money can go to people who have cancer, which is unavoidable unlike overweight problems. The infographic also states that, “ Children treated with obesity are 300% more expensive for our health care system than kids of a healthy weight.” What the person who wrote this was trying to communicate was that more money goes to obese children than the healthy ones. So the more children being diagnosed with obesity, the more money is needed and spent. Cutting junk food from school cafeterias may help lower those costs.

Furthermore, people nowadays seem to be obsessed with sugary foods. Junk food has its good taste that many of us sometimes crave, but carving and consuming too much of it can be alerting. The author of Source B states, “ As sugary snacks, new research shows sugar may be as addicting as crack.” This is very impressive because who would think that sugary snacks or foods can be addicting. It's like if junk food has become a drug to many people. For this reason school cafeterias should quit selling junk food. Though, many argue that banning junk food from school cafeterias will not make a difference. For example, the author of Source B also states that, “ Some children may adjust and embrace the healthier options while others may chose to stop eating school lunch or find other ways to sneak in their favorite junk foods.” This may happen once junk food is no longer available in school. If it does then students will sneak junk food in just like others may sneak in drugs. Both which will cause health damage to the people. Either way it is best to try and not sell junk food in cafeterias because the obsessions with sugary foods may decrease.

To conclude, banning junk food from school cafeterias may be the start of something new and effective. Three reasons to do so are because of all the obesity problems this country faces, it will benefit the country, and sugary obsessions will decrease. The significant part of this topic was that many people don't know about the cost of being overweight, I didn't even know.