Subject: Re: Who started WW1?
Posted by R315r4z0r on Tue, 24 Nov 2009 03:13:18 GMT

JohnDoe wrote on Mon, 23 November 2009 18:00...Gas is cheaper in the US than in Poland. Mr Zimmer isn't the fat American, that's Dover you're thinking of...
Hey... I live in America and I'm not fat .

Anyway, that reminded me of something I learned a few days ago.

It turns out, that even though fatty foods from places like McDonalds do cause overweight problems in many American citizens... the real reason why so many Americans are fat does not lie in the consumers themselves (or there self control, whatever you want to call it), but rather the sources of the food.

Processed food and drink, or anything wrapped in a wrapper with a nutrition label on it, is made with synthesized ingredients. To put it simply, the real actual ingredients are more expensive than these synthesized stuff... so they opt to go the cheaper route. Ingredients, such as sugar, are often replaced with cheaper synthetic substitutes. It is these substitutes that causes fat buildup in consumers.

So, the next time you think about mentioning fat Americans, think again, because you aren't directly insulting the consumers, but rather, the people who put the 'fake' food on the market.