

Recently there has been found a decrease in the incidence of obesity in low-income pre-school children, from 2003-2010 there was a slight decrease in obesity rates in this demographic from 15.21%-14.94% with similar decreases in extreme obesity from 2.22%-2.07%⁴.

Causes of Obesity

Why the shift? Why have we as a nation been getting heavier? The reasons are multi-faceted. Our changing environment and habits are among the chief reasons. Cheap, low-quality food has now been abundantly available over the past 30 years or so. Fast food and industrialized food products have proliferated our society; they have changed not only the foods that we eat, but also the way that we eat them. For many families, gone are the days of home cooked meals. We now rely on quick cook (or no cook) food items with compromised nutritional quality. High fat, high sugar, high sodium foods are now the norm, instead of the occasional "treat". In many urban areas, this is often the only type of food available. With this trend has come an explosion in food portion sizes, and thus people can no longer judge what an appropriate amount of food to eat is. All of the above has triggered in some, an inability to recognize fullness cues.

The number one factor that we as humans use to choose the foods that we eat is taste, not nutritional quality or content. We intuitively do not eat by numbers; we select food via its eye appeal, smell, and taste. We have a large amount of American's that have grown up on fast and industrialized foods that have now become staples in their diets, fresh and whole grain foods hold little appeal, as they have very little experience with these foods. It takes a lot of determination to over-ride this strong drive to eat these readily available tasty foods and to experiment with foods that appear and taste strange and different.

Food manufacturers have become so good at making high fat, high sugar, high salt foods taste so good that some people claim that these foods are physically addictive⁵. Which keeps people trapped in a vicious cycle of eating based on a spike in blood sugar-fulness after a meal/snack, followed by a drop in blood sugar-coupled with a sensation of hunger, which propels further eating, which repeats, and repeats again. These foods are very low in fiber and quality protein, two components of food, which contribute to long-term satiety.

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