

Super Size To Go

By: Step
Smith

Focus Questions

*What decision is
McDonald's making and
why?*

*What is the problem with
food and Americans?*

What are some major

McDonald's, the largest fast-food restaurant chain in the world, will discontinue its Super Size soft drinks and French fries by the end of the year. The decision comes at a time when extra-big portions of food are being linked to an epidemic of overweight Americans. Many nutrition experts believe that Americans eat too much. Super Size options, they argue encourage the habit.

McDonald's says its decision to cut the Super Size is not about health arguments, but to streamline their menu. Still, the move has shined a light on the issue of

dangers of overeating and not exercising?

What is one way to eat a balanced meal or eat healthier?

What is another way to have a balanced diet or eat better?

Why is eating a balanced diet and exercise important?

portion size, which many experts say is key to healthy eating. Dr. George Blackburn, an expert in nutrition at Harvard Medical School, says that Americans-including kids- need to cut down on the portions they eat. "Kids should look at their hand as a serving size, whether it is liquid or solid," Dr. Blackburn said. "A fist or hand serving size is enough food to eat at one time."

Health experts say that overeating and a lack of exercise have caused Americans to gain too much weight. Being overweight is linked to serious health problems including heart disease, type 2 diabetes, and some forms of cancer. A new study from the U.S. Department of Health and Human Services found that poor diet and physical inactivity may soon overtake tobacco as the leading preventable cause of death in the U.S.

Getting a handle on how much makes up a normal serving size is an important part of eating balanced meals. Health experts say many Americans simply don't know what's enough when it comes to food. Food

	portions have increased drastically in recent decades. In 1950, a single serving of Coca-Cola came in one size – a 6.5 ounce bottle. Today, Americans gulp down 20 ounce bottles of Coke at one time, thinking it is a single serving. Actually, 20 ounces is two-and-a-half servings. A balanced diet also means limiting foods - like candy and soda – that are high in unneeded fats and sugars. Healthy eating doesn't mean giving up on those treats all together. But health experts say cutting down on them is a must. One way is to choose healthier options, like fruits and vegetables, during meals and snacks. Everyone needs to know about proper nutrition. Eating a balanced diet and staying fit helps the brain work better, increases energy levels, and can even help guard against health concerns like acne. But remember: Eating healthy is not about how you look, it's about how you feel. It's about making informed choices to become the healthiest version of you.
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What is the author's overall central idea or assertion?