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English 1010

11/13/12

Annotated Bibliography

Crowe, Tim. "Nutrition Messages Given By Fad Diets Can Alter People's Food Perceptions. (Cover Story)." Nutridate 19.2 (2008): 1-4. Academic Search Premier. Web. 13 Nov. 2012.

**Summary**:

 Fad diets are normally diets that allow you to lose weight for a short period of time by restricting food intake. This doesn’t help you lose fat, it only helps in losing water weight. A fad diet isn’t seen as effective because once you start eating normally you will gain that water weight back. Fad diets have given people a perspective of food that is leading to a dangerous lifestyle. A study done by the Opinion Research Corporation showed that people didn’t understand good and bad carbohydrates and were cutting important nutrients from their diet. They found that “Such trends across a large population raise a real concern of a rise in the incidence of health problems such as cancer, diabetes and heart disease.” (2)

**Thoughts on my research:**

I think it’s very important for people to understand what I diet is doing to their body. If they don’t fully understand the effect of cutting out a certain food from their diet they may not know serious side effects or health issues it may cause. Advertising ‘quick weight loss’ and ‘lose pounds quick’ has tricked people into thinking they can get thin easily and they aren’t being educated about serious health effects.

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"Obesity In America: What's Driving The Epidemic?." Harvard Men's Health Watch 16.7

(2012): 5-7. Academic Search Premier. Web. 13 Nov. 2012.

**Summary:**

 Obesity cannot be linked to one certain factor in an individual. It can be genetic or result of a poor diet. People in America have slowly increased in weight and decreased in physical activity. Portion sizes have also grown, causing people to eat more than they used to. Social media and entertainment also advocate eating an unhealthy diet with their fast food ads. In Harvard Men’s Health Watch they accuse soda as being one of the biggest obesity factors: “All in all, both portion size and eating frequency accounted for the rise in caloric intake; sugar-sweetened sodas made the single largest contribution to the caloric glut.”

**Thoughts on my research:**

 I agree that media does influence people’s diet choices, but I also think that people need to make a choice for themselves. I think a lot of people blame their poor health on media because they are too lazy to do anything about it. This article brought up a very interesting point about people moving less in the work place and how that has affected America’s weight.

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Johnson, Brian D. "Taking Bites Out Of The Fast Food Nation." Maclean's 117.19

(2004): 46. Academic Search Premier. Web. 13 Nov. 2012.

**Summary:**

Johnson’s reviews the documentary Super Size Me. In the documentary, Morgan Spurlock takes on a 30-day food challenge. He plans to eat McDonald’s for a month. For 3 meals a day, every day, he eats a different menu item. If asked if he’d like to super size his meal, he must agree. On the opposite end of the spectrum, Woody Harrelson, in the documentary Go Further, follows a strict Vegan diet. In the end, both men’s health is compared to when they started. As quoted by Brian Johnson about Spurlock “As his body absorbs alarming levels of sugar, sodium and fat, he gains 25 pounds, loses his sex drive and becomes depressed”.

**Thoughts on my research:**

It is very interesting to me that someone would commit their body to the experimentation of the effects of fast food on your body. The effects were obviously negative. But someone could argue that there are healthier things to eat at a fast food restaurant. If you choose to eat fries every day you are obviously going to gain weight. I would like to research different experiments like Super Size Me.