

BROOKLYN_BORN

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“Mommy, I’m glad we’re rich” said my 5 year old son

Sunday, February 24, 2013



Really Bobby? How do you know we're rich?

“Because we have everything we need and don't need”

Obviously we weren't really rich, but in my son's world with limited perspective, everything was going really well.

Rich means more than money. Our family was fortunate to have above average intelligence, education, employment, health and resources. Still, in the hectic days of raising a family, I wasn't always able to put in the time and effort to read labels carefully and decipher the ingredients appropriately when grocery shopping. I tried, but as my son was also fond of saying “time always beats me.”

I was thinking about this after a few blog comments raised the question of individual responsibility.

Specifically, if corporations use their money, resources and power to obfuscate what exactly is in our food, and target their advertising accordingly, how much responsibility does an individual have to do their own research. What are their chances of success?

Not everyone has the time, energy, education, intelligence, to make sense of it all.

I think of the people with fewer resources than I have and hesitate to stigmatize them for not doing the proper research.

Now I'm retired and have more time. Yet, upon looking for a protein powder for a recent SP recipe, reading labels and cross referencing on the Internet, I still had to turn to the SP message boards for assistance when I wanted to avoid “sugar alcohols.” There's a lot of ways to disguise this stuff.

At one time I believed that American capitalism, profit based though it was, had the essential welfare of the people at heart. Perhaps I was naïve.

I want to hold the corporations to a higher standard than they currently have.

I want them to stop misleading advertising, prominently displayed, (all natural, contains real fruit, source of whole grains) while the truth is in the fine print. I want them to stop renaming ingredients. I want them to stop adding new ingredients which have not been proved safe and/or side effects identified. I don't want to hope that some outside organization or agency will discover it before damage is done. I want the entity making the profit to do the legwork honestly beforehand simply because it's the right thing to do.

I've quoted TravelGrrl before. She said:

“Yes, I know that what goes in my mouth is my own decision. All I want is a level playing field. I want the food industry to stop the marketing that preys on ignorant, poor people AND on children. I want SOMEBODY to step up to the plate and take some responsibility for what passes for food in this country.”

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CATNCAG



I concur! Great blog! Smart kiddo!
2792 days ago



WHITEANGEL4



True the food industry puts profit over health. Greed is the stepping stone to much of the nations problems. Read and understand those labels.....Eat natural and it will help with weight and health
2946 days ago



CD11169568



Excellent points!
2984 days ago



CD11171223




2985 days ago



ALASKABRED



Reading a label is like reading a foreign language.
2988 days ago



CD12162103




2989 days ago



CD9743971



There are no magic diet pills out there. Do your own research and make up your own mind. Everyday something was good for you suddenly is bad for you and than good for you again. Like coffee.
2990 days ago



LIFETIMER54




2990 days ago



FISHER011




2990 days ago



EFFRAYECHILDE




3024 days ago



SHOAPIE



Thanks
3028 days ago



BEAUTY_WITHIN



Very true! This is one reason I'm tempted to get into the health field in some form or another.
3028 days ago



GRAMPIAN



Wise thoughts.
3030 days ago



CD13552032



AWESOME
3030 days ago



BLUEJEAN99



AWESOME Well Done! THANK YOU!
3030 days ago



PCASEY7



I fully agree with you!
3030 days ago



JAMER123



AWESOME Well Done! THANK YOU!
This world is all about money and how you make more but don't worry about others that you may be hurting. Food is a great example.
3030 days ago



CLAYARTIST



WAY TO GO THANK YOU!
3030 days ago



ROCKYCPA



interesting
3030 days ago



CD2036709



Not in this system of things. Only when Jehovah steps in and puts a stop to everything bad and evil.
3030 days ago



KIPPER15



great blog.
3030 days ago



SANDYLH1



WAY TO GO
3030 days ago



SPEEDY143



\$\$\$\$ is the root of all evil... the longer I live the truer that statement becomes. It's all about the money and corps will say anything to get ours. WE must be vigilant about what goes into our bodies. Once you call for a mandate someone's going to complain about legislation... we are damned if we do and well you know that saying as well. I hear you and couldn't agree more... whole foods is my answer. Grow as much of your own as possible and stay educated... Google on



3031 days ago



HEARTS116



AWESOME
3031 days ago



you belo

NEWTINK



So true thank you
3031 days ago



WINDSWEPTACRES

I have to disagree with Boilham: Most of us are not biochemists or nutritionists, and while we may have more access to information than we had forty or fifty years ago, simply having information without the ability to interpret it leaves us in no better position.

Take, for instance, the HFCS mess. Corn syrup as I remember it fondly from my childhood was Karo syrup which we put on pancakes occasionally. Then they started tinkering with it, to make it sweeter and sweeter; then they started adding it to anything and everything. And not just Hungry Man dinners and ketchup. Check your stewed tomatoes, jam, peanut butter. Agave syrup was also pushed as healthier and more natural. Guess what? Not! Meanwhile, experts on both sides push their agendas.

Teflon-coated pans and microwave ovens made cooking a breeze, but nobody told us there were dangers to the new technology; it was touted as tested and safe. Even if you doubted the wisdom of using teflon-coated pans, for awhile at least that was the only thing that was both available and affordable.

Cooking from scratch at home may mean baking your own bread, making your own whole-wheat pasta (commercially produced flour), buying blocks of Parmesan cheese from a local source or making your own cheese from your own dairy goats or cows. While we're now retired and keeping chickens for fresh eggs, we're still depending on commercial chicken feed because we don't have enough land or enough water to grow our own grains. Sooner or later, it all comes back to buying from some producer of food or feed. I have heard often, "When you know better, you do better." But the truth is, knowing better requires trusting one group of experts as opposed to another. And doing better means doing what you can, which varies from person to person.

3031 days ago



NEWCHINELO

One has to be careful!
3031 days ago



IAMAGEMLOVER

I really hear what you are saying. But unfortunately it is not going to happen. Not in this world. It is called corporate greed. It is all about the God Almighty Dollar. It is no difference than the insurance companies. Executives who have no medical knowledge are saying that you don't need a certain treatment or a certain medication. It has frustrated Dr. for years and is getting worse not better. Welcome to America.

3031 days ago




LIVELYGIRL2

it is rather tricky, one has to stay on top of it. Now we find how they are changing our foods and the seeds. Of course the stuff that is actually pure cost so much more.
3031 days ago



PATRICIAANN46

Unfortunately, the bottom line with the majority of corporations is how much money they can make. Because of this, I don't see anything changing, which is sad, but is also reality. I guess the best thing we can do food-wise, is to try to make as much as possible from scratch. Before I retired from teaching, I used to make meals on the weekend and freeze them for the rest of the week. Naturally, this wasn't always possible due to plans, but I did it as often as I could.

I wish you the 
3031 days ago




SJKENT1

great thoughts
3031 days ago



ALIDOSHA

 Unfortunately unachievable at present at least...
3031 days ago



JIBBIE49

The food industry only makes what will continue to SELL. If no one buys it, they stop making it. Trust me, I've seen it since I'm 63. Most people are too lazy to cook and they want fast and easy, like cold breakfast cereal that the kid will eat in a hurry, rather than fixing oatmeal. There is GOOD food in the grocery store if you make the right selection, and when you keep buying those items the store will keep selling them. Our commissary now carries a section of organic food, which they never did before, as I had to shop at the "Health food store" to get those

items.
3031 days ago



GRATTECIELLA
Interesting perspective!
3031 days ago



FAVORITEAUNT84
Love it! Kids are so insightful!
3031 days ago



SUSIEMT
HEAR HEAR!! or is that HERE HERE? Anyway I agree!
3031 days ago



YULLABELLE
The only way to truly be sure what's in the food in this day and age is to eat home grown whole foods. Who knew there were so many names sugar and artificial sweeteners.
3031 days ago



JOANNHUNT
PLEASE DON'T HOLD YOUR BREATH WAITING FOR ACCOUNTABILITY FROM

CORPORATION TO CHANGE OR START. KEEP BREATHING.



3031 days ago



CD13437498



3031 days ago



SUZYMOBILE
Congrats on having this be a featured member blog post in Best of SparkPeople! High time, too.
3031 days ago



GOOSIMOON



3031 days ago



CD13354694



3031 days ago



NEPTUNE1939



3031 days ago



CD12016950

Great blog!
3031 days ago



JANEMARIE77

amen
3031 days ago



OFGREENGABLES
yes. Stand up to them!
3031 days ago





MIMIDOT

I agree with you and travelgrrl. Great blog! It's time someone in charge starts caring for the people of this country. We worry about other countries, but not our own.

We need help!!!!
3031 days ago



MOMMY445

such a great blog! thanks for sharing and have a wonderful blog!
3031 days ago



DAYHIKER

Great blog post and what a smart little boy! I agree about the food companies. It's depressing. I read awhile back that all the seed stock in the world was at that time currently owned by 6 corporations. Scary.

Heinz Simply Ketchup is without HFCS and I am finding more products sweetened with sugar instead of HFCS than previously.

Cindy
3031 days ago



CHERYLHURT

Well said!
3031 days ago



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