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I would be laughing this morning except for an inconvenient truth.

Wednesday, April 01, 2015

I log into Spark every morning for my dose of motivation.
 Today's headline in the daily email:
 "Government Adjusts Weight System to Help Country Lose Pounds"

Written by Mike Kramer on March 30, 2005 as an April Fool's Joke
 It said:
 "Alarmed by a growing obesity rate across the country over the last decade, the United States Government has instituted sweeping changes in its system of measurements and weights.

The most significant change involves increasing the value of the pound. One current pound will be valued as 1.1 pounds under the new system. What does this mean? Fewer pounds per person. For example, a person who previously weighed 167 pounds would now weigh just 152 pounds"

"We think these changes will help the country solve its obesity problem," said April Wahn, Community Director of the US Department of Agriculture (USDA). "When eating right and exercising don't work, these new standards can help people reach a healthier weight. It's not the only answer, but it's a start." Once I stopped laughing I realized that this is EXACTLY what the clothing industry has done

The measurements of a size 0 woman today are what would have been called a size 8 back in the 1960s.

The average woman then was a size 12 and her measurements were 34-26-36. Now that size 12 woman can have a 31-32 inch waist and she's still smaller than the average woman today.

And that's no joke.

While we're at it, why not just redefine healthy?

Healthy snacks? Kraft singles and Coke?
 Not to pick on just these 2 products, but I've noticed an effort to reposition certain foods and ingredients as healthy. In the fine print we often find the nutrition experts quoted are "consultants" of the company.

Here are 2 of the articles.
 Kraft Singles Are Not Actually Cheese, But They're Apparently A Health Food Now
www.msn.com/en-us/news/us/kraft-singles-are-not-actually-cheese-but-theyre-apparently-a-health-food-now/ar-AA9QRce

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I haven't bought individual cheese slices in decades, but doesn't Kraft sell actual American CHEESE in addition to their singles? Or perhaps that's just a distant, outdated memory.

Coke a healthy snack? How company gets its message out

www.msn.com/en-us/money/companies/coke-a-healthy-snack-how-company-gets-its-message-out/ar-AA9Pxn3?ocid=mailsignout

The article does specify "moderation" with a mini can. I don't think I've ever seen a mini can for sale.

Then there's the effort of the current Congress to pass a bill which forbids states to pass their own food labeling laws, specifically directed to GMO content.

I understand that what I put into my mouth is my own responsibility, but why do those with the power and resources have to make it harder for me.

If you've read this far, thank you for your patience. My last blog will explain my dark mood.

The antibiotics of modern science are curing my MIL's infection but not even 2 health care workers, one on each side, can get her to her feet.

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CD13376265

I saw mini-coke bottle in the grocery store today and thought it looked odd. I hadn't seen such a small bottle since I was a kid, and that was long, long ago.

2258 days ago



MILLEDGE2

Stay strong in dealing with MIL!

2260 days ago



GIVEUP30

you are so right when someone tells me they wear a size I look and think no way I wearI still have 30 or so year old clothes.

2260 days ago



GINIEMIE

Missed a lot this week with the visiting nieces-they went home yesterday and I've been doing laundry-bedding-towels. I find that the changes have not helped us at all and joke or not, cheese products, Coca cola, kraft Mac and cheese and a gazillion other foods that people claim to be healthy are NOT.

Changing the dress size is not really fooling people who know their measurements.



2260 days ago



CD14815535

I could get ranty on this and often do, if you ask my husband, lol. Great blog, and sorry to hear about your MIL. I worked civilian side before going into the military and even at that young age, the obese and/or heavily overweight were very difficult to adequately care and I remember the day we got a new piece of equipment that involved a sling-type of device and an arm that would move the patient from bed to chair or bed to bath. Designed by a nurse, it was the best thing we had at the time.

2261 days ago



TRAVELGRRL

It's pretty frightening. The last line of your blog is sobering. Modern living giveth but it also





taketh away. Being an informed consumer is of paramount importance, and even that is an uphill battle.
2261 days ago



JEANKNEE

I find the games played with clothing sizes to be frustrating.



The joke in my family is that I did not get the "shopping" gene. Finding clothing that fits has always been an exercise in frustration for me regardless of my weight. So, naturally I find shopping to be not much fun. Having clothing that fits generally means pull out the sewing machine.

I have some old clothes in the closet that I believe may be size 10s. My guess is they might be tight even though some of the recent clothing in my closet bear labels with size 4. Outrageous!

Another crazy thing is that one might wear a size 6 in one style and wear a size 8 in another style made by the same manufacturer and just because one pulls out a size 8 and it fits doesn't mean she should scoop up the rest of the size 8s in delight because all size 8s don't necessarily have the same fit. So, quality control appears to be an issue as well.



Yup, I can be counted amongst the frustrated...

2261 days ago



NUMD97

Sorry to read about your MIL's continuing health travails.



Your blog evoked memories of President Reagan who had found a new definition for ketchup as a "vegetable". The lengths some will go to avoid giving children a healthful lunch. At the time it was a major uproar, but then again they did not give him "The Great Communicator" moniker for nothing.

Sad state of affairs, indeed.

2262 days ago



SPINNINGJW

What I don't like about women's clothing sizing is that I never know what size to even try. Most recently, I have ranged in sizes from 12 up to 18. At the size 12, I was DOWN to 150 lbs, but my waist measurement was about 34 inches. - that was the size MENS shorts I had purchased.



Oh, and I have seen the "mini" soda cans - they are adorable! I haven't purchased any, but they sure are cute.

2262 days ago

Comment edited on: 4/1/2015 8:41:23 PM



DOVESEYES

Thinking of your MIL and your family.



2262 days ago



ALICIA363

Girl, I am so with you on the fury over clothing size inflation! My mom's wedding outfit was a size 16 in 1949. I wore it (barely) in 1988, and I was wearing a size 10 at the time. I'm currently in size 6, and can't get the darn thing buttoned ... yet



G-d Bless the people who keep our tape measures the same (they are the same, aren't they!?)

2262 days ago



WATERMELLEN

I only eat "real" cheese -- and in moderation. But 30 odd years ago, had a housekeeper caring for my young daughter, in her 50s, having raised 5 kids of her own and: she had never had anything OTHER than a cheese slice. When I prepared ooey gooey grilled cheese sandwiches one day it was a revelation to her!!



Hope your MIL recovers with the antibiotics to the point she can be of a bit more assistance with her mobility but . . . yes indeed, this is so sobering. And reminds me NOT to be particularly proud of my size 8s!!

2262 days ago



CD4114015

I am still waiting to see...is this a JOKE or what? I just can't believe this is TRUE. And I HOPE NOT! I agree with ONEKIDSMOM in this case for me all I can do is PRAY!



2262 days ago





MARYJEANSL

You're right. It would be funny if it weren't so.....unfunny. I am so sorry about your MIL. I am determined that that won't happen to me, although I know it will be a challenge.
2262 days ago



PHOENIX1949



Thankful for SP Bloggers who point out these things and make me think more.



for mother-in-law and her loved ones.

2262 days ago



PHEBESS

I've seen special labels on cold cereal saying it's healthy for children or some such - talk about re-defining healthy!

Hoping your MIL is doing better by now!
2262 days ago



HOLLYM48



Oh goodness, what will they think of next. We have to be in charge of what we know is healthy and not be misled by those that are trying to make a buck. As far as the scale and the pounds being redistributed, how will that be an answer when are bodies are going to be fooled even if the scale says otherwise.
I apparently needed to read all the way down to the bottom, funny. I guess they got me indeed!
2262 days ago

Comment edited on: 4/1/2015 7:05:54 PM



MISCHAKEO

I am keeping your MIL in my thoughts and prayers.

No there is no way a small can of coke can be a nutritious snack. However, the advertising giants will try to make it so.



2262 days ago



JANETRW50

Hmmm, I guess there really isn't any such thing as American cheese. I went and looked at the Land O Lakes cheese in my fridge that my niece likes and that is a cheese product as well. She says it tastes better than Singles though. I save my cheese rations for the real stuff.
I have seen the small cans of soda in the grocery store but you have to buy 12 to get one. People often say that Marilyn Monroe wore a size 12 or 14. (Roseanne Barr)
But luckily a lot of her clothing still exists to bring reality into focus. She had a 22 inch waist and weighed around 118 pounds. What is very curious is that I doubt I could have a 26 inch waist even if I weighed 118 pounds. Years of the Standard American Diet seems to have added girth that is not easily lost.
2262 days ago



WILSONWR

You're right - although the article may have been a joke, the trend toward making the unhealthy appear to be acceptable is not!

I missed your article yesterday - I'll go read it now.
2263 days ago



ONEKIDSMOM



Thoughts and prayers. Sometimes there's not a whole lot we can do, but there's always thoughts and prayers!
2263 days ago



GARDENCHRIS

i did read that , i think it was an april fools joke. i do understand your frustration.

2263 days ago



SWEETNEEY



It's call repositioning. So you just gotta go with how you want to look, feel and do.
2263 days ago

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