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NUTR 2010

25 November 2019

### Nutrition Perspective

“Supersize Me” is a 2004 film, where Morgan Spurlock undertakes a health experiment of the effects of eating McDonalds for 30 days. His experiment consists of: only eating McDonalds for three meals (breakfast, lunch and dinner) daily, every menu item at McDonald’s must be eaten at least once over the course of the 30 days, he were to only “supersize” his meal if offered by McDonald’s staff and not engage in exercise that exceeded the average citizen involvement of 5,000 steps per day (Spurlock). Alongside his “McDonald Diet” he would be regularly attending doctor appointments throughout the 30 days to keep track of his health and vitals, and or if he felt anything unusual within the time period of his experiment.

Morgan Spurlock is writer, director, and producer, his nutrition background all but includes the fact that he considers himself an individual that is relatively healthy. I choose this film because I think that in the society that we live in today, fast-food is highly consumed by many individuals and for many it has become their habit of consuming fast-food on a regularly to daily basis. Therefore, I believe that the themes that this documentary reflects upon are highly applicable today, if they were highly applicable back when the documentary was produced it is twice as applicable today because of the ever growing business of fast food chains that linger in every corner of our communities.

## **Obesity**

In the documentary “Supersize Me”, it states that “nearly 100 million Americans are today, overweight or obese... that’s more than 60% of all U.S adults” (Spurlock). While according to CDC obesity data it shows that “65% of all North Americans adults are overweight. Of those 50% (36% of the total population) are obese”(Wardlaw 235). While the data between the two sources are not far from each other, both sources placed obesity as the second leading cause of death, smoking being the first, in the United States according to the American Medical Association. There is just a 100,000 difference of estimated deaths by obesity, the textbook arguing that there is 200,000 a year, while the documentary states that 300,000 deaths occur a year because of obesity. According to the textbook, a study conducted by scientists at the National Center for Health Statistics, discovered “that the prevalence of obesity remained stable between 2003 and 2010”(Wardlaw 21). While in the documentary it argues that at the rate that the average fast food consumer consumes fast food, there has become a steady uptrend of obesity in the United States.

## **Diabetes**

In the documentary it stated that “At least 17 million Americans now have type 2 diabetes” (Spurlock). It was not surprising to find out that according to the textbook “Type 2 diabetes is the most common form of diabetes (90% of all cases) and is linked to obesity” (Wardlaw 103). This was one of the facts where it really showed the correlation between obesity and diabetes as well as various severe health effects. With the high consumption of trans fat, one of the many factors to gaining weight, it increases your chances at being diagnosed with type 2 diabetes but that is after you been diagnosed as obese. Though seeing that these statements that were being made in the early 2000s are still relevant and even more concerning to our society

today because of the battle of promoting healthy eating is never-ending. One statement that really stood out was that, “If the diabetes starts before the age of 15, you lose somewhere between 17 to 27 years of life span” (Spurlock). It was shocking to learn this information because while many individuals barely can cope with the idea of being diagnosed as obese and then type 2 diabetes, many may think that developing certain forms of cancers is the worst outcome when your life span being decreased is pretty dramatic.

### **Fast Food Industries**

In regard to the consumption of fast food, the textbook did not agree completely with the documentary data collection of nutritional professionals addressing the recommended consumption of fast food. In the textbook it says that, “In moderation, small portion of fast foods and sweet treats can fit into a healthy dietary pattern based on abundant fruits and vegetables, lean sources of protein, fat-free and reduced-fat dairy products and whole-grain products” (Wardlaw 694). While the data presented in the documentary concluded out of a hundred nutritionist; twenty-eight said that fast food should be consumed once a week to once or twice a month, forty-eight said you should never have it, and two said that two times a week or more is alright. Professor John Banzhaf an interviewee in the documentary shared that “... we eat out something like 40% of our meals [from fast food]” (Spurlock). This is where I believe that the “small portions” the textbook says is alright is not the reality of our situation in the society that we live in today. Because if back in the early 2000s it was calculated that “... each day 1 in 4 Americans visits a fast food restaurant” (Spurlock), that number can only be expected to stay the same and or increase.

What I learned from completing this assignment in regard to nutrition is that the consumption of fast food regularly is truly unhealthy and can lead to various severe long term effects on the human body. I admit that I eat fast food more than I probably should because of the convenience and availability, but I often believe that it takes experimenting in a foreign head to realize the negative effects that fast food in this case may have on your body. Though it does not just come down to the fact that you are eating fast food but that regular to excessive consumption of such food is giving you a higher intake of saturated fats and sugars that are beyond the recommended values. Truly analyzing this documentary has further confirmed the idea that though fast food is often more convenient and readily available to you where-ever, you must firmly look at the long term goal that you are trying to achieve when it comes to your health. We often think that we can bend our bodies to our will, but there is only so much that they can take and give before they burn out and we end up suffering the consequences that we slowly pilling up.

References

Spurlock, Morgan. *Super Size Me*. New York, N.Y: Hart Sharp Video, 2004.

Wardlaw, Gordon M., et al. *Wardlaws Contemporary Nutrition: A Functional Approach*.  
McGraw-Hill Education, 2021.