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Please Don’t Supersize Me Now

What comes to your mind when you first think of fast food? It is good, it is an easy and fast solution, and for the most part affordable. But in Supersize Me, Morgan Spurlock shows us that there is a completely different side to fast food that should come to our minds when we think about it. He endures a thirty day McDonald’s diet that changes his life, health and he sees how dangerous fast food can be. Smoking use to be the one top reason for deaths that could be avoided if people paid more attention to the warning signs but now it is in stiff competition with Obesity in America. Morgan Spurlock argues and witnesses firsthand that America’s Obesity is the biggest problem in today’s society because the negligence of people, McDonalds, and the lack of will or want to change.

Negligence is the main reason why people become obese. People fail to listen to the warnings; it should be a hint when a fast food place that is offering fatty, greasy burgers is also offering a salad but is that true according to Spurlock only seven items on the McDonalds Menu do not contain sugar and salads are not one of them. In Supersize Me Spurlock shows all of the types of diseases that can come from being obese and eating fast food. I won’t list them all but I will name some of them and explain some of the others. Coronary Heart Disease, Strokes, Sleep Apnea, Colon, Breast and Prostate Cancers and other cancers, Impaired fertility and the main disease Adult onset diabetes (Spurlock).

 Before he begins his experiment he consults a nutritionist, and 3 other doctors to test his health which shows that he is a healthy person. Spurlock consults the doctors before he begins his thirty day McDonalds diet and they tell him that he may experience some “weight gain and other minor health issues” (Spurlock).What Spurlock did is something that people who eat fast food on a regular basis don’t, he went to the doctor and they told him that it was unhealthy but people who eat it on a regular basis just continue to eat it without caring what they are putting into their bodies. In Supersize Me the doctors continue to tell Morgan Spurlock that he should stop doing the experiment because his body and liver are starting to fail because of all the fats that he is putting into his body. He begins to get a fatty liver which can lead to diseases and possible failure of the liver. Another point behind the negligence is the lack of educating the kids, as well as the adults. Spurlock proved that point by going to an elementary school and interviewing a first grade class. He had 4 pictures one of George Washington, Jesus, Wendy, And Ronald McDonald, “the kids could not tell who George Washington was, one of the kids said he knew he had seen him before. The second picture was of Jesus nobody knew who he was either and even one kid said he was George W Bush. The kids knew a little more about Wendy and they all knew exactly who Ronald McDonald was” (Spurlock). Parents are taking their kids to places like McDonalds and Wendy’s and Taco Bell because it is convenient and they are too busy to cook a home meal. Which has made America is the fattest nation in the world.

McDonalds is the topic of argument in Supersize Me and the leader when it comes to fast food in America. The thing that McDonalds does better than other fast food places is the way that they advertise. Not only do they appeal to adults they also appeal to kids. They have Ronald McDonald as their mascot figure and as a clown kids are attracted to him. Not only does Ronald attract kids, but McDonalds has play places in many of their restaurants so that kids want to come in there and play but also eat the food that will eventually lead to childhood obesity. According to a guest in Supersize Me, Ron English states that “the world has been McDonaldized” (Spurlock). On average 10,000 food advertisements are on T.V a year (Spurlock). McDonalds spent 1.4 billion dollars in advertising on the radio, television, and print (Spurlock). McDonalds has even created songs and themes that make people want to try their products for example, Spurlock stops a group of people in Washington D.C and asks them to say the pledge of allegiance and they can’t do it without messing it up, but when he asks them to sing the Big Mac Song they sang it right away without messing it up. The lady that sings the song even admits that it is bad that she knows that song.

Lack of will or want to change is another reason why obesity runs so rapid throughout the United States because people are okay with being obese and overweight. Fast food is an addiction. We eat out 40% of our meals (Spurlock). People in America really don’t have much motivation because so many people are obese and they see other people the way they are and they learn to accept it. Health Concerns are not only a sign of negligence recently mentioned but it also is part of change because even if people don’t see it fast enough to stop it they can avoid furthering the disease by taking proper approaches to dealing with Health Problems. About 17 million 1 out of every 20 people in America have type 2 diabetes (Spurlock). If the trend continues 1 out of every 3 children born in the year 2000 will have diabetes in their lifetime (Spurlock). Those are stunning numbers and the truth is people don’t think that it can be avoided that it is hereditary and it is but it can also be avoided if you choose a healthy diet and watch what you eat. Obesity is a struggle that nobody wants to deal with, it isn’t easy and people need positive reinforcements. In a perfect world fast food would be healthy and good but it’s not a perfect world and fast food is not healthy. They have creates TV shows trying to help people lose weight. The biggest loser is the most popular show that has to do with losing weight and big majorities of the people on that show say that fast food and laziness have a lot do with their problems.

Well what can come from this experiment is what you make of it. Morgan Spurlock showed many people that the stuff we put into our bodies is not healthy at all. Just like drugs and alcohol, fast food is a “Drug” it is addicting and potentially dangerous. Spurlocks mission was to prove through sacrificing his own health and body that McDonalds is a BIG contributor to obesity. Really what can they do when McDonalds has pictures of a Big Macs posted on billboards all over the country. McDonalds rules the world when it comes to advertising their products and providing quality taste of the products but they fail to provide health facts or charts. America has many problems hate crimes, gangs, terrorism, alcoholism, but obesity is rising and is rising fast, we are the only ones that can do anything about it. Morgan Spurlock showed that if you fail to pay attention to what you are eating, continue to full into McDonalds traps and Fail to deal with your problems and just throw them to the side then you’re headed down the wrong path. Spurlock didn’t just do this documentary for fun, he was just trying to get the attention of Americans to change but he was also trying to get the attention of the people providing this crap showing that they are a major reason why people struggle to live a happy healthy life. I am going to end on a quote by Ray Kroc founder of McDonalds, “Look after the customer and the business will take care of itself” (Spurlock). Yeah you be the judge of that, Instead of a family spending family night at McDonalds, Why don’t we spend it at a park, or playing games, heck maybe even teaching them who the presidents are.

WORKS CITED

Spurlock, Morgan, dir. Supersize Me. Miramax, 2004.