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Why eat fast fod?

Have you ever looked around and noticed all the overweight people in America today? Scary thought huh? Morgan Spurlock may have just come up with the reason of why the obesity rates are so high in his documentary called Supersize Me. Morgan Spurlock is an American documentary film maker, screen writer, journalist, and producer, so he knows what he is talking about. Supersize Me is about how Americans seem to be getting more and more overweight due to the amount of fast food they eat each day. Spurlock uses himself as an example to prove his theory. He goes through strenuous experiments while visiting many different doctors, in the beginning he starts out as a healthy person. After eating fast food for a month and going back and forth to the doctors, Spurlock proves his theory that fast food is very unhealthy and fattening In Supersize Me, Morgan Spurlock uses specific facts, and personal experience to show the high obesity rates in America due to fast food.  
 Morgan Spurlock used his own body as an example to prove to everyone that fast food is causing obesity. He went beyond just using facts. While using himself as the visual, he put himself at risk of becoming very sick. Spurlock went to the doctors multiple times while doing this experiment. He ate nothing but fast food for a month straight: breakfast, lunch, and dinner. Slowly, Spurlock began to add on the extra pounds. After 28 days he gained 24.5 pounds just by eating McDonalds. Spurlock ate everything available on the menu and always asked for his food to be supersized. After the experiment was over, it took Spurlock over a year to lose the weight he gained.  
 During Supersize Me, Spurlock had to live by five strict rules that he set for himself at the beginning of the documentary. 1. Fully eat 3 meals per day from McDonalds, breakfast, lunch, and dinner. 2. Complete every item on McDonald’s menu within the 30 day time frame, which he managed to do in only a few days. 3. Only ingest items offered on the McDonalds menu, including bottled water, everything he ate had to come off of the menu. 4. Must supersize the meal, only when asked, he could not ask for the item to be supersized on his own. 5. Attempt to walk about as much as the typical U.S citizen (which Spurlock actually did more of while in New York) (Blomkvist). At one point during the documentary Spurlock is eating a double quarter-pounder supersize meal and says “See, now's the time of the meal when you start getting the McStomach ache. You start getting the McTummy. You get the McGurgles in there. You get the McBrick, then you get the McStomach ache. Right now I've got some McGas that's rockin'. My arms... I feel like I've got some McSweats goin'. My arms got the McTwitches going in here from all the sugar that's going in my body right now. I'm feeling a little McCrazy.” Spurlock also presented many key facts about obesity in his documentary.  
 Each day 1 in 4 Americans eat fast food. McDonald’s feeds more than 46 million people per day. These are just a few of the facts that Supersize Me presents. It is scary how many people are putting their health at risk each day without even thinking about the consequences. McDonalds and other fast food restaurants in America never advertise their nutrition facts, some may give them upon request but they don’t give you the full facts. One meal at a fast food restaurant gives you more calories than you should have in a full day. Can you believe that people actually put that many calories in their mouth for just even breakfast? This is why the obesity rates are so high today. It is just outrageous that people actually would even make food that unhealthy.

Why is it that people keep going out to eat all the time knowing that these foods are unhealthy? Maybe it’s the toys that they give to children with each happy meal, or the play place at McDonalds that children just love to play in while packing on the pounds. It could be the Wi-Fi that they added in to each McDonalds or the flat screen TV’s. People are being lured in left and right by all these things that keep being added to each fast food restaurant. It is also a very convenient way to eat, I mean it is already made; you just drive up to the window, pay, and then get your meal. How simple! There is a fast food restaurant on pretty much every corner, every street, everywhere you look. But it is not healthy, people need to stop falling into the temptation and take a second to look at what they put into their mouths. This is what Supersize Me is trying to show.  
 In Supersize Me, Morgan Spurlock uses specific facts, and personal experience to show the high obesity rates in America due to fast food. Each day Americans put their health at risk when they pull into a fast food restaurant. Spurlock uses his own body as an example of how unhealthy fast food really can be by doing a month long experiment eating nothing but McDonalds. He proves that the obesity rate has skyrocketed due to the unhealthy food that fast food restaurants sell to about 46 million people each day. Everyone should think twice now before going to a fast food restaurant for convenient food that is already made. Instead, why not drive home and cook a healthy meal?

Works Cited Page

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