



McDonald's sign in Stockholm, Sweden

# HEALTHY LIVING

May 20, 2015

José Cruz: And I don't know about obesity problems in Europe. What's Germany or or France like for obesity?

Andrew Zitzman: Ahh, I don't- I don't know the rates themselves, but I would- from what I've seen, I mean you know you see, as people age they tend to get much larger. And I think maybe that's more uh, just from the lifestyle they continue doing what they did- what they were when they were, when they were younger they still eat the same way, drink the same way, the same rate- so you know, large large volumes of alcohol. I mean, alcohol consumption is very high in Europe. Uh, well, here too, but...

José: But that's another thing that you just pointed out: kids think, or don't understand that when you get older you are getting older. Your body is again changing, Change is eternal (Yup) change is inevitable And your metabolism can't keep up but they never change their eating habits.

Andrew: Right, yeah. (Right?) Yup, you got to change the eating habits, and you put- you've got to just eat less is is ...

José: And you've got to eat better because your body can't process junk food and

still get what it needs. You've got to eat a higher quality food at lower rates so that then your older body, You're- you've got to be friendlier to your older body, right. (Yeah) Did you- Did- Are are you- you're you're a pretty careful guy with food, you raise your own food and stuff like that?

Andrew: Yeah. Yeah, I grow- I grow my own vegetables and stuff, but it's not so much- it wasn't out of a health conscious you know, decision. It wasn't a health conscious decision. It's um- I I used to do a little bit, or help my mum do some gardening, We're just in the garden, I mean small thing, right, but um, I enjoyed it back then. I I enjoyed being outdoors, so... I enjoy being outdoors now, and gardening gives me, the reason to be outdoors.

José: So it's more like just a hobby that you just wanted to continue from your youth.

Andrew: Yeah. Yeah exactly.

José: And um, and it's a good one, too. I mean, they say that um, what do- basically a garden is printing money? (Yup) I mean you look at tomatoes, uh you turn out about how many tomatoes in a season, (Oh) a couple of hundred?

Andrew: Uh, I I grow the mini tomatoes. (OK)  
And yeah, hundreds of them.

José: Hundreds. (Yeah) Now think about a little box (Yeah) about uh ten centi-centimetres by ten centimetres (Yeah) that's what? 300 Yen? 400 Yen?

Andrew: Yeah its 3-400 Yen for about 20 tomatoes which I get you know, I I pick, I pick about, uh in the season when it's really going, I I can pick uh, probably eight to ten boxes like that a week. (Wow) So, uh um, unfortunately, um well uh unfortunately for me, fortunately for the wildlife, uh I share it with the wildlife...

José: Oh! well that's a good thing.

Andrew: And so the birds the birds come, the animals eat a little bit and uh, I get enough out of it, so...

José: You- can you put a rough figure on how much money you think you save each year?

Andrew: On on vegetables? (¥50,000 maybe?)  
Uh, I don't know, that's- **it's hard to say**,

because.. (You've never) But the thing is... Um since I'm growing it when it's in season, and I'm- I'm eating it, then I'm eating it because I have it. Now would I have bought it in the first place if I hadn't grown it, I don't know...

José: Yeah but that's actually (So that's) healthier, it's- in that sense that you're not buying things because, "oh I feel like asparagus, (Right) and i like that supermarket because I can get asparagus anytime in the year", that's really totally environmentally destructive...

Andrew: Exactly, (You know) Yeah I mean I- I also do that kind of shopping where I try to just buy the foods in season, primarily because they're cheaper. (Right) Yeah **because** if it's out of season it's expensive (mm-hmm) and um, it doesn't taste as good to begin with.

Word count	Time	Words/Min.
700	3:49	183.41

Pointers:

**it's hard to say**: difficult to be certain, difficult to calculate (3:05)

**because**: Andrew's pronunciation is shortened to 'cuz (3:48)

Discussion:

Do you eat a lot of junk food?

How much do you spend on food in one week? Do you buy a lot of vegetables?

Have you ever tried gardening?

VOA ARTICLE: "WESTERN DIET BAD FOR HUMAN HEALTH, ENVIRONMENT"  
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