



“One-eight of the world's population still live(s) in hunger” (Jonathan Sacks)

OBESITY

October 26, 2017

José Cruz: Fo- for example I think the statistics were saying one-in-three people are suffering from obesity in America. (Right) One-in-three. (Yeah) 33% of the population. Uh ju- holy cow, you know! And so, if you can re-imagine London what do you think the numbers would be in terms of obesity? One-in-five? One-in-ten?

Charlotte Alderdice: Uh, mm, I'm I'm really not sure. Uh definitely less than America, I'd say. Um but London. There's probably quite a few, maybe, maybe one-in-ten. I- I'm really not sure. Um, uh it's difficult to say. Again I've not been to London very much (OK) Um but, it's not like I notice, like wow, everybody's really overweight here, or anything like that. Um I'm also probably not a great example as someone else because uh, I've known quite a few people like who have um, like for- my sister for example she has a very fast metabolism and (Ah) no matt- You know like, she's very very skinny always has been, yeah. (Mm mm) And you know I've had quite skinny friends in school. One of my friends was actually anorexic, so...

José: OK that's a completely separate problem.

Charlotte: Yeah, So um, I haven't had **sort of** much experience myself with (OK) a sort of...

José: But I- I (problem of obesity) can tell you, and you probably have seen enough American TV shows, (Mm) and seen enough footage of man-on-the street interviews on CNN or whatever and you've seen that this is true. That these (Yeah) statistics aren't lying. What- how do you take that as someone that just doesn't see that in their country or me I

feel the same way. I am the way I am, my whole family is the way they are. We don't have that problem. And then I see Americans either coming here, and they're you know (Yeah) they display this problem or I see it on TV. I mean I can say my part. I **want to** hear yours first.

Charlotte: I think, I don't know, I'm just... it sort of makes me think like, what are the food standards like In America. Like are there regulations on how much salt and fat goes into the food and like how much processed stuff is is being served. I- obviously there is this sort of, I think it's quite famous worldwide that American portion sizes in restaurants are notoriously large. I think uh...

José: You ever been to America?

Charlotte: No, I haven't. (OK Mm hmm) I've uh, I've never been abroad until now.

José: Oh that's right you said that. OK.

Charlotte: Yeah unless you count Shanghai. Where I was there for one day **because** my flight was cancelled. (Ha)

José: Ah, let's say it counts. (OK) That would be cool. Let's sa- "I've been to China." (Yeah) You can now- Now you can say I've been to China. (OK) Um yeah. You- you've hit pretty much the um, the nail on the head in a lot of different ways. All of the portion- Number one: (Mm) portion sizes, but you also mentioned about salt and fat. (Yeah) That's not really the problem. (OK) Um the there's a lot of research from the 70s that said fat is the problem. We have to remove fat from our

our diet. So there was a- an effort to replace butter with margarine. (Right) To go to low-fat diets and to go with like, go to 2% milk or skim milk as opposed to whole milk. And the processes that were required to actually create that kind of processed food was actually what contributed to a lot of the the unhealthiness (Oh well. OK) and especially the heart disease that was occurring in North Americans and probably a lot of Europeans. (Yeah) Margarine is terrible for you. (Mm) Butter is healthier for you. And then more research started to come out that showed that fat was actually a pretty important part of your diet. (Oh yeah) If you didn't get enough fat that actually led to um um certain problems themselves. But what happened

was to replace your psy- your hormonal or or psychological need to- fat tastes good. That's why olive oil tastes good, that's why a good steak tastes good. (Mm) To replace that the uh processed food industry replaced it with **sugar**. (Ah) And so you started getting way more sugar. You started getting sugared water. Have you had those in here in Japan?

Charlotte: No I've never, I've really never understood that.

Word count	Time	Words/Min.
737	4:01	183.49

Pointers:

sort of: pronounced, "SO' OV" Charlotte's accent drops both the "R" and the "T" in sort (1:16)

want to: pronounced, "WANNA" (1:50)

because: pronounced, "KUHZ" (2:24)

Discussion:

Do you eat in a healthful way?

Do you think you eat too much fat or too much sugar?

Did you know there are about ten tablespoons of sugar in one can of cola?

VOA ARTICLE: "NEARLY A THIRD OF WORLD OVERWEIGHT"

<https://learningenglish.voanews.com/a/study-finds-nearly-one-third-of-the-world-is-overweight/3900332.html>

BI ARTICLE: "EVIDENCE THAT EATING FAT WON'T MAKE YOU FAT, BUT SUGAR WILL"

<https://read.bi/2TV3gR9>

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<https://pixabay.com/en/hamburger-p-french-fries-belly-2683042/>

