

Fat Chance for a Thinner World

One could assume that the United States would top the world-wide list for obesity, but no: The tiny island nation of Nauru has 95% of its population obese. The U. S. comes in at # 8 with 79%.

(Global Post) Global trends toward urban environments and a reduction in back-breaking, or even simply strenuous, labor mean we aren't burning as many calories as our . . . ancestors. And the new global food chain provides an abundance of soda and potato chips, meat and butter compared to traditional diets, which were based on less calorie- and fat-dense foods. To make matters worse, junk food is often cheaper than fruits and vegetables.