

## Super-sizing dilemma

As a nation, we are all getting fatter. That is a fact. And thanks to a study, scientists have determined that we are getting that way because we eat too much.

I wish I would have gotten half the grant money for that study, because I could have told you that without leaving my house and I'll tell you why.

We, as Americans, struggle to find the best deal anywhere, especially during slow economic times, no matter the consequences.

The "deal" in question is the supposed "better value" that fast food establishments offer by doubling or tripling the amount of food you receive for a small sum of money.

I can understand the attraction. "Come on, you've just paid \$1 for a meal" - if you give me just 50 cents more, I'll give you a 90 ounce soda and 550 more French fries. Deal?"

Heck I used to live for "Mega-superdupper-up-sizing."

After finishing one of those gargantuan plates of food, I'd lay around with a big swollen belly and a big smile on my face, just like Winnie-the-Pooh after gulping down 20 jars of honey.

And I'm not just picking on one restaurant out there. They all offer a similar promotions, no matter they are called.

I heard and ad on the radio for a pizza place that offered a "10-pound pizza."

While sounding incredibly delicious, I have to ask: Does the pizza itself weigh 10 pounds or is that the amount of weight you will gain from eating the pizza?

No human being needs this amount of food. This has been proven by the amount of weight we have all put on over the years.

I also understand that there are conditions out there that keep people from losing weight and I sympathize with them.

Sherman, set the way-back machine for the 1970s for a little perspective...

When I was a kid we had one really popular fast food spot in town. It was a national chain and it is still around now.

Looking back, what they offered as their largest drink and fries are now considered the SMALLEST sizes that you can get with a meal, except for the kids meals.

Honestly, the kids meals have the correct portion size and calorie count for a full-grown adult. Can you imagine what it's doing to the kids?

I've spent the last two years of my life learning how to eat again. I read every men's health magazine out there. I can spot a diet scam a mile away, whether it is a pill or a fat diet, and, much to the annoyance of my peers, I feel the need to impart the wisdom I have gained at the drop of a hat.

I have been rewarded for my efforts with the loss of more than 50 pounds, along with a normal heart rate and blood pressure.

The thing that really rubs me the wrong way is I feel like I am being penalized financially because I am eating healthier.

Whether it is in the grocery store or one of the fine eating establishments in our community, the best deal cost at least \$1 more than the regular food. And if it has the word "light" anywhere on it, you might as well call your friendly loan officer, because until your kids get out of college.

If you have access to the internet, give your favorite restaurant's website a visit and look at the nutritional facts. If you don't, most of the eaters have them posted on the wall.

I have a feeling you will be very surprised at what you find in what you eat.

So do me a favor: for the next month, abstain from super-sizing. Try to either drink diet soda or water each time you eat out and let me know how you feel.

The greatest lesson I have learned is the answer to weight loss is not found in a pill, it takes a lot of hard work and a willingness to change the way you eat.

So before you run out and have your stomach cut down to the size of a thumb, give my suggestion a try.

You can reach me at rrmwew@moreheadnews.com.

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**Ron's Said...**  
**Ron Middelton**  
News Editor

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