

Opinion: Nutritional information often ignored

By Jane E. Brody, Washington Post

In the more than half a century that I've been writing about nutrition and health, I've witnessed many attempts to inform and improve the American diet, all the while watching young and old alike ignore sound nutritional advice and grow fatter and fatter.

Of course, individuals are not entirely to blame. The food and restaurant industries have done more than their share to lure people into bad eating and drinking habits. Stoking near-to-worthless breakfast cereals with added nutrients. Serving portions large enough to satisfy a racehorse. Selling snack foods and drinks in supersize containers, sometimes offered with free refills.

Purveyors of wholesome fruits and vegetables, beans and whole grains – even of meats, fish and poultry – can't compete with the promotional billions spent by processed food giants that sell products of little or no nutritional value.

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