

Food Supply Politics Process

The US Government sets a national food supply, nutrition and health policy which benefits the agricultural sector. The policies promote a message that saturated fat and cholesterol cause heart disease, so Americans should eat less fat and more grain based products.



The message is reinforced by the USDA through its Food Pyramid program. Americans of all ages are advised to 6-11 servings of grain per day, and sparingly of fats. This message gets repeated in classrooms and medical offices all over the country.



The Department of Health and Human Services reinforces the health message to lower cholesterol and decrease fat intake. It propagates this message through the many national health agencies (NIH, NHLBI, NCEP) that are under its control. Other health agencies like the American Heart Association, and the American Dietetic Association take their cue from the government and also reinforce the low fat message.



Since the USDA and DHHS drive the national health recommendations, all national health and medical agencies advise the medical community to tell Americans to eat a low fat, whole grain diet to lower cholesterol and reduce the risk of death from various diseases. Food companies selling low fat products, the newspapers, television advertising and other media outlets reinforce the message that "a low fat, whole grain diet is healthiest" to all Americans.



Americans hear the low fat message from the media, their physicians, their fellow citizens, and every national agency. With all that consensus, the message must be true. So Americans begin to lower their consumption of saturated fat, increase their intakes of vegetable seed oils (corn, soybean and canola), increase their consumption of low fat processed foods, and increase the amount of whole grains in their diet. Americans switch to a high carb, low fat diet.



As the sales of low fat, whole grain foods increases, the agricultural and food processing industries profits soar. Grain based, low fat foods dominate the retail food market. The agricultural industry grows even greater amounts of grain crops, especially corn and soybeans, and food processing companies make more lowfat processed foods to utilize more corn and soybeans. Advertising sells the new products to Americans



Fifteen years after the release of the first food pyramid in 1992, it becomes apparent that a high carb, low fat diet is not the optimal diet for health. In fact, a high carb, low fat diet elevates cholesterol levels, insulin, blood sugar and blood pressure. The rates of diabetes, obesity, heart disease, cancer and stroke have gotten worse in America. Americans are not healthier, even though the low fat, high grain message advise them they would be.



Health care costs skyrocket. The medical and pharmaceutical industries profit from the sales of drugs, equipment and the medical procedures necessary to help the Americans who have develop diseases related to a high carb, low fat diet.



The US government, even in the face of volumes of contradictory evidence, continues to promote the low fat, high carb message. Meanwhile the CDC and other health agencies become "alarmed" at the increasing rates of obesity and diabetes, and advise Americans to exercise more and eat "right". Healthcare costs continue to rise, as Americans following the low fat advice become sicker. But the industries involved get richer and richer.