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Will Loss of Health Freedom Lead to Loss of Food Freedom?

San Francisco wants all ads for soda pop and sugary drinks to include the words: “WARNING: Drinking beverages with added sugars(s) contributes to obesity, diabetes, and tooth decay.”

Some say this is like warnings on alcohol and tobacco. But these drinks are food products. Any food can increase obesity if taken in large quantities. There are 1,012 snack bars. How many are “good for you?” Eating at restaurants can also cause weight gain. Will we need warnings? Expect higher costs, less access, and perhaps loss of food choices.

Officials say these warnings are one way to address the cost of obesity to the health-care system. Might this potential loss of food freedom be what happens when welfare, food stamps and government health care come together?


Presented daily by Twila Brase, President, Citizens’ Council for Health Freedom.

The Health Freedom Minute is now heard in 41 states: Mornings M-Th at AM1280 (The Patriot) in MN and 91.5 AM WHKC (FreedomFM) in OH, afternoons on American Family Radio, and daily on the Bott Radio Network.