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Wasted Taxpayer Dollars on Eating Report

Welcome to the Health Freedom Minute. This is Twila Brase, president of Citizens’ Council for Health Freedom.

Did you read the government’s new guidelines for eating? They want us to limit salt intake, eat more vegetables and seafood, drink water not pop, get active, drink alcohol in moderation and just eat less.

The 108-page dietary guidelines report cost $587,000 to produce. That’s a lot of money. How many people do not know that eating too much, consuming sweets, drinking pop, and being a couch potato can lead to obesity and weight gain?

According to federal officials, the guidelines are mandated by the National Nutrition Monitoring and Related Research Act. Given the growing obesity of our federal deficit, Congress should eliminate such unnecessary consumption of our tax dollars.

Listen again at healthfreedomminute.net.

Sources:


“Questions and Answers on 2010 Dietary Guidelines for Americans.”

The Health Freedom Minute is heard weekdays in Minnesota at 7:03 a.m., 11:03 a.m., 2:03 p.m. and 5:03 p.m. on WWTC AM1280 The Patriot.