

Are the governments doing well in educating people to pay attention to the importance of food nutrition and healthy eating?

Whether the governments have fulfill their duty to encourage people to have a healthy diet has arouses a controversy among people for a decades. Many believe that the governments have not been successful in resolving this issue. However, others believe that the people in charge have exerted their influence on people's lifestyles. I personally agree with the former.

The first and foremost reason that comes to mind is statistics. The studies suggest that the obesity rate has escalated. ~~As a result~~, had the governments taken decisive actions on this problem in the past, this rate would not have increased over time. Besides, we witness that the percentage of some chronic diseases such as diabetes and blood pressure which are linked to our nutrition has dramatically increased in recent years. This data shows that the governments have failed to make people aware of the significance of healthy eating.

Nutrition-linked/stress-related

Second, we can see all over the world that the number of fast-food restaurants is rising sharply compared to their healthy counterparts. It goes without saying that these restaurants provide their customers with only junk food including excessive fat. I personally hold that this rise in the number of this kind of restaurant pushes people to get poor nutrition. To discourage people from these types of foods, the state can impose ~~a~~ tax on these places. In addition, we can see vending machines everywhere that where people can buy various snacks such as cake, juice, coffee, and cookies ~~from them~~, but unfortunately, most of them do not provide fruits or drinks without sugar. ~~Given that nonetheless~~, the governments can make people in charge of these machines put include healthy snacks on the list of the items for ~~the~~ sale.

To make a long story short, not only does a healthy diet increase individuals' performance, but it also reduces the states' expenditure on health. I wholeheartedly believe that the government should spare no effort and money to educate society in-on good healthy nutrition and support the producers of healthy foods.