

A Public Plea to Control the Obesity Epidemic

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Declare annual National Obesity Bust Day – One-meal fasting day.

Encourage one day fasting every month, if medically possible.

Encourage children to acquire low fat, low sugar and low salt taste as early as possible and learn to eat slowly. Discourage too many snacking.

Encourage scheduled exercise for children at home and school.

Food label changes

- (1) sugar should include all monosaccharides, not just cane sugar
- (2) all packages should have total calories in big bold letters, for the whole contents, not just for the serving size
- (3) color coded boxed bar with 3 columns, each for sugar, salt and fat – Red (avoid if possible), Yellow (consume with caution), and Green (may consume without restriction)

Institute Reward system in a creative way for all obese people in all walks of life, to encourage sensible eating habits and exercise, to lose weight.

Discourage all-you-can-eat meals.

Install readily accessible water fountains in all public places.

No free refills for soft drinks.

Free water readily available at all eating-places.

Teach low sugar, low salt and low fat cooking at all culinary schools and encourage the same in cookbooks.

Mini-sizing all ready to use food and drinks.

Mini-sizing plates, cups and glasses – 8 oz. serving should be the standard, instead of the 12 oz. available now.