



January 7, 2016 – Grand Rapids, MI

“In Defense of Food” The Time Factor

I've heard from a number of you who've seen “In Defense of Food” by now. If you haven't, find it and plan to watch it; this is one movie the whole family should watch together. As I said on Tuesday, I think it's the most fair and balanced presentation I've seen on what to eat. But there were a couple of things I don't think were covered as well as they might be.

One of the segments focuses on teaching kids in inner cities how to grow produce and how to cook it, in this case, in the Bronx. Great segment. But it raises two questions. How do people in inner cities get produce and where do they get the time to prepare meals they can enjoy as families?



The problem with eating healthy often becomes one of time. Whether you're a single mother with three children and two jobs or family of six with both parents working, where do you get the time to buy the food and the time to prepare it? If you're going to eat more produce, you have to shop more often or the food goes to waste. It also takes more time to prepare the food. Yes, you could make it a family thing and that's an admirable goal. I just don't know how many families will see the need and make the necessary commitment in time when you can feed the family quickly by getting food from the side of a building.

That's a significant problem the movie doesn't address. I don't have an easy solution for it either. It will take planning, work, and a concerted public nutrition-education program. One more thing: it will take a public that's ready to change, and that's the biggest challenge. I'll finish this up on Saturday.

If you haven't signed up for [T2D: Finding Your Cure](#) webinar, make sure you do; 2016 is the year you take charge of your health and it begins next Tuesday night.

What are you prepared to do today?

Dr. Chet

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