

Law Day Essay Contest

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“If people let the government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls who live under tyranny”
--Thomas Jefferson. Jefferson was right; the government shouldn't be able to control your personal choices if they don't harm others. The United States is unique for its democracy. If the government goes as far as to watch what we drink, isn't it more like a tyranny, like Jefferson said? Ninth amendment really protects them from doing this. It says that people still have rights that are not listed in the Constitution. It lets citizens have reasonable rights that were not really thought of when the Constitution was written, like being able to drink what they want. This is a freedom everyone should have. Soda and similar drinks only put the consumer at risk. Other things like alcohol and tobacco can harm others, so they are allowed to be regulated, but something as innocent as drinks with a little too much sugar should not.

People should be able to be in charge of their own health. If they know it is bad and still choose to drink it, then they will suffer the consequences. This may sound mean, but there are alternate ways to keep people healthy other than banning these drinks or controlling how much people consume. I believe it would be a wiser choice to let more people know how bad it is, or put warnings on them. This way they know what the dangers are and will hopefully lead them to make the right decision on their own. The manufacturers should make the labels so the risk is as prominent as the name of the drink. This way people may think twice about drinking them. You will only learn if you make mistakes. I believe if they go as far as to banning them, it is a bad idea. If someone puts a box in a room, tells you not to look in it, then leaves, what are you going to do? Probably go over and take a peek. If they didn't say anything, then you would have a less chance of looking in it. This is the same with these sugary drinks. If they

ban them, people's curiosity might take over and they will try and find a way to get it. They'll wonder why they want it banned. The truth is sometimes more powerful than punishment.

Did you know that sugary drinks only make up an average of six percent of the calories? Sugary drinks might not be the real problem for American's obesity and other health problems. Maybe it is the fact that healthy things are much more expensive than junk food, and people need to save money. Even people who watch what they eat and want to be fit might not be able to fulfill their dreams if they don't have the budget. Maybe finding ways to alter the prices is a better way to keep people healthy and happy.

Over all I believe regulating sugary drinks is taking away too much freedom for people. There are better ways to face the problem that we should consider before doing things like this. We have fought so hard to be free that it would be a shame to let it slip away.