

Should the Government Regulate Sugary Drinks?

How and Why?

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The government is considering placing regulations on sugary drinks to fight obesity. I think that they should not do this. They have no right to tell us what we can and can't eat or drink. If we want to lose weight, we should have to do it on our own. Besides, any food can be unhealthy if over consumed. The ban on sugary drinks is just the wrong way of going about solving this issue.

My first reason that this ban is wrong is the basic question of whether or not the government has the right to enact the ban on sugary drinks. It does not. There is no reason for the government to tell us what to eat and drink. The government should not be concerned with our waistlines. They should not be wasting time and effort, not to mention money, on this issue when said resources should be focused on fighting terrorism and fixing the roads and such. The U.S. should not be a nanny state; it should be what the founding fathers believed in, a free country where the people can do, say, elect, buy, and sell whatever they choose.

My second reason is one that ties into my previous reason. My second reason is that if we want to lose weight, we shouldn't make the government help us. If you don't want to drink a 16oz Coke, then don't. Don't make the government enact a ban on Coke because you don't think it is healthy. The rest of us enjoy drinking Coke. Besides, if a person is obese because they drink a lot of Coke, then maybe that person *should not drink the Coke*. That doesn't mean the rest of us who are at a healthy weight should have to not enjoy Coke as well. I say again, this ban isn't the right way to fight obesity.

My biggest reason of all is the common knowledge that too much of anything, even a good thing, is bad. Let's take a look at apple seeds for support. An apple seed actually contains cyanide, one of the most potent toxins known to us. However, one apple seed doesn't contain enough poison to kill you. You would have to eat quite a few seeds to become even a little nauseous. Sugar is similar, but not even as serious. A soda won't make you drop dead on the spot, or gain a hundred pounds every time you take a sip. Another thing is that sugar isn't fundamentally dangerous, like arsenic. If you eat a lot of arsenic, you are certainly going to die without immediate medical assistance. If you eat a lot of sugar, nothing really horrible happens. You might get hyper, or get a stomachache. It's all in the quantity. Even with a large quantity, sugar is not really that bad. So, do we really need to *ban* sugary drinks?

I think I've made my point fairly well. I think the ban is wrong and should not be passed. The government doesn't have the right, we should worry solve our personal weight problems on our own, and too much of anything can be unhealthy. If people are really that concerned about sodas being so incredibly unhealthy, then run a public awareness campaign, or make the companies put a notice on the bottle, like a disclaimer. If a person wants to drink soda, and knows the consequences of doing so, then it's their choice to do so. Mind your own business people. Stop this ban before it's too late, and save our delicious sugary drinks!