

# M.D.C

★29回

皆様こんにちは！日中は気温が上がり汗ばむ季節になってまいりました。

梅雨の時期に入り天気予報が気になる今日この頃、今回のM.D.Cは

小っちゃいおっさん桃沢が担当します！

今回はちょっとマジメ？でちょっと怖いおススメのドキュメンタリーDVDをご紹介します。

タイトルは『 Food, Inc. (フード、インク) 』です。  
(2009年度アカデミー賞長編ドキュメンタリー部門ノミネート)

今作品の内容はずばり『 食 』についてです。

利益追求のため大規模な飼育、大量加工される米国の食肉産業の実態に

鋭く切り込み巨大食品会社を真っ向から否定した問題作となっております。

有機農法を守る少数農家、遺伝子組み換え大豆やコーンが及ぼす恐るべき影響、

巨大食品会社と政府との癒着、O157により若くして息子を失われた家族の

インタビューなど背筋も凍る強烈な内容です。

日本でも実際に牛肉の食中毒による不幸が起きたばかりで、すでに  
他人事ではなく明日は我が身だと実感しました。お子様の食品に対する  
アレルギーが年々増加しているという事実も何らかの関係が？

食生活の変化は歯、アゴの骨、カラダを変化させます。今の日本の食生活を  
振り返り考えるためにも是非本作品をご覧ください！

YOU'LL NEVER LOOK AT DINNER THE SAME WAY

**10 THINGS YOU CAN DO TO CHANGE OUR FOOD SYSTEM**

1. Drink fewer sodas and other sweetened beverages.  
**Fact:** If you replace one 20 oz soda a day with a no calorie beverage (preferably water), you could lose 25 lbs in a year.
2. Eat at home instead of eating out.  
**Fact:** Children consume almost twice (1.8 times) as many calories when eating food made outside the home.
3. Support the passage of state and local laws to require chain restaurants to post calorie information on menus and menu boards.  
**Fact:** Half of the large chain restaurants do not provide any nutrition information to their customers.
4. Tell schools to stop selling sodas, junk food, and sports drinks.  
**Fact:** Over the last two decades, rates of obesity have tripled in children and adolescents aged 6 to 19 years.
5. Meatless Mondays...Go without meat one day a week.  
**Fact:** An estimated 70% of all antibiotics used in the United States are given to farm animals.
6. Buy organic or sustainable foods with little to no pesticide use.  
**Fact:** According to the EPA, over 1 billion pounds of pesticides are used each year in the U.S.
7. Protect family farms, visit your local farmer's market.  
**Fact:** Farmers markets enable farmers to keep 83 to 90 cents of each dollar spent by the consumer.
8. Make a point to know where your food comes from -- READ LABELS.  
**Fact:** The average food travels 1500 miles from the farm to your dinner plate.
9. Tell Congress that food safety is important to you.  
**Fact:** Each year contaminated food causes millions of illnesses and thousands of deaths in the United States.
10. Demand job protections for farm workers and food processors, including fair wages and safer conditions.  
**Fact:** Poorly trained farmworkers in food processing plants at all levels are being exploited.

**FOOD, INC.**

[www.takepart.com/foodinc](http://www.takepart.com/foodinc)