

In his article "Don't Blame the Eater," David Zinczenko blames the fast-food industry for fueling today's so-called obesity epidemic, not only by failing to provide adequate warning labels on its high-calorie foods but also by filling the nutritional void in children's lives left by their overtaxed working parents. With many parents working long hours and unable to supervise what their children eat, Zinczenko claims, children today are easily victimized by the low-cost, calorie-laden foods that the fast-food chains are all too eager to supply. When he was a young boy, for instance, and his single mother was away at work, he ate at Taco Bell, McDonald's, and other chains on a regular basis, and ended up overweight. Zinczenko's hope is that with the new spate of lawsuits against the food industry, other children with working parents will have healthier choices available to them, and that they will not, like him, become obese.

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Graff, Gerald + Cathy Birkenstein. They Say, I Say.