

## Let them Drink water (Daniel Engber) Summary

The writer in the article talks about fat tax. A fat tax is a tax or surcharge that is put on fattening food, beverages or on overweight individual. The US government is fighting against its second most expensive war- the war on obesity- and is spending one trillion dollar on public health project. In the mid of this mega project, the fat tax has become a topic of hot discussion.

Common people, writer, journalists have different opinion on fat tax. Some believe that it is good to tax those people who are fat. When tax is imposed upon them, they will lose their weight and be healthy. But some believe that it is better to tax on fattening foods like sweet beverage/drink and junk food. The writer too believes that the fattening must be heavily taxed.

Taxing junk food may sound a bit odd at the beginning but later on everyone will take it as natural as taxing on cigarettes. As heavy tax on cigarettes has helped to reduce death rate due to lung cancer and smoking related diseases similarly heavy tax on junk food and sweet drink help to reduce obesity.

But not everyone agrees on taxing sweet drink like soda. They ask is soda as harmful as cigarette or tobacco? But the writer presents the view of neurologist. According to neurologists, any junk food is laden with ingredients that activate brain's pleasure system. Some of the ingredients in junk food are so harmful that they change the functional activity of brain and lead us to mindless eating. This is the reason that when we start eating junk food like noodles, soda, lays, pringles we go on eating and eating. No doubt all the junk foods are hyperpalatable.

Some others argue that taxing on junk food may affect poor people. But better options for them are always open for them. The most important is we can be foodie and a healthy at the same time by eating organic food- the real and natural food which are tasty and healthy at the same time. Sugar-sweetened beverages (Soda- Coke, Fanta, and Sprite etc.) are not necessary for survival and alternative of soda that is water is available at little or no cost. So let them drink water instead of junk foods.

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