

Opinion

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Menu calorie bill was a good bill

Editor:

I was embarrassed by the death of the menu calorie posting bill, which could have been significant "consumer choice" legislation. Even after the silliness of the Senate "political gravy" amendment, fit only for a Saturday Night Live skit, some of our legislators discussed the bill while eating biscuits and donuts.

West Virginia suffers a costly epidemic of obesity and its associated conditions. It is tragically affecting our children because they must rely on adult decision-making.

There's nothing wrong with a "little" pork fat, just

not too much and not all the time. When I requested nutritional information at a local restaurant recently, the manager said, "We ain't got none." Not satisfied, I went to their Web site and found they "ain't got none" there either.

As someone who works with those trying to make healthier choices, I know that when you give people information, they DO make better choices. Being healthy is about doing. When it comes to food choices, like most things in life, it is about individual responsibility. But you can't expect people to do better if they don't know better.

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Readers' forum



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