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### The Omnivore's Quandary

An omnivore has a variety of choices with regards to the food it can consume. However, by bestowing the omnivore with several choices, it is also presented with a dilemma of whether to eat a healthy diet or an affordable one. A research into the most commonly available foods for the typical man in the Americas leads one to posit that most people are having unbalanced diets. The high cost of living coupled by high-stress jobs almost always works to push such individuals towards consuming foods rich in carbohydrates. This is characterized by the consumption of junk foods. However, individuals who have a high acumen with regards to the benefits of a balanced diet will lean on a balanced diet rather than a cheap one. The purpose of this paper is to delve into the specifics of the quandary pertaining to the choices perceived from an omnivore's perspective.

A diet that predominantly comprises of corn has been found to be the staple diet for many individuals in the Americas. The food products are all associated with corn in one way or the other. For instance, the cow is fed on corn or corn products and thus the cow's meat as well as its milk will have a direct relationship with corn. In another instance, other packaged foods readily available on the shelves of supermarkets have also been found to have aspects of corn in them. Therefore, the omnivore finds a situation whereby the choices they make are relatively irrelevant (Hoffman 76). In a capitalistic society, the best decision for a given business is to reduce

operating costs with an aim of increasing returns. The production of corn fits into this narrative rather perfectly. The farmer does not have to struggle with high costs in the production process. However, the farmer will receive the greatest returns for the least input. This serves to show the primary reason behind the proliferation of corn and corn products on the supermarket shelves.

The omnivore is also faced with a dilemma on whether to conserve their environment or to continue consuming foods produced by a highly industrialized system. The industrialization of the processed foods production has been associated with an increase of greenhouse gases that cause the current environmental problems. This can be traced back to the original problems emanating from the industrial process of producing the foods. While the production process is relatively cheaper in the modern times in comparison to the yester years, the cost and effects are being directly exhibited on the environment. An increase in the use of fossil fuels in mechanization of the machinery used in the processed foods production contributes to the environmental pollution experienced across the globe (Kincaid 43). To the omnivore, this presents a quandary as to whether consume the said foods or destroy the environment.

The rampant industrialization of food production presents the omnivore with a situation whereby one has a single choice of eating processed foods with the full knowledge of the adverse effects to be expected. The consumption of such foods has been found to result in the dilapidation of the human health. It has also been found that many other methods of food processing and production result in the realization of animal products that are relatively detrimental to the health of an individual (Hoffman 132). For instance, a continued dependence on animal products from animals that were conceived as a result of artificial insemination has reduced the quality of the said products. An introduction of farming methods that are less reliant on manure as well as crop

rotation has increased the need for chemical additives to facilitate better production. However, this has been associated with a general deterioration of health of those consuming such products.

It has been found that health is considered to be one of the most important elements of an individual seeking to live a long and happy life. However, the choices being availed to the omnivore are rather oblique resulting in a situation whereby the omnivore is damned, whichever choice is made. The fact that the omnivore can choose between foods originating from both plants and animals is counter intuitive in that the production process for both is skewed in favor of the capitalist. Therefore, it is clear that the omnivore is faced with a dilemma between survival and financial freedom (Kincaid 243). One source of diet provides the individual in question with the necessary nutrients while reducing their financial power as the cost is too high. On the other hand, the less costly sources of food for the omnivore result in rapid degradation of their health. Therefore, the omnivore is seemingly faced with an impossible conundrum.

While the enigma being presented to the omnivore seems to be impossibly difficult, there is a choice for the individual. The feasible option is education with an aim to shield oneself from the rampant ignorance evident among the average consumers. This will serve to identify the different sources of food as well as the components of any products consumed by the omnivore. Educating oneself on the proper feeding habits will ensure that one can, to a given level, resolve the different quandaries cited herein. It will also ensure an increase in the number of individuals enjoying quality lives in comparison to those suffering the effects of consuming plant and animal products laced with industrial poison.

Works Cited

Hoffman, Sarah. *Food Related Capability Deprivation*. Diss. Carleton University Ottawa, (2012).

Kincaid, Christine. "The real food thesis." (2014).

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