

# SCIENCE & TECHNOLOGY

## TECHNOLOGY+FOOD

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Along with increasing technology has come the danger of duplicating nature using science to clone animals and plants. Genetically engineered and laboratory cultured food is now stocking supermarket shelves, and the effects are major. Every day, television ads and online sources are full of messages that address the health concerns of audiences. Some are hitting the jackpot and luring the public with their "wonder" tips, diet, pills and so on. The public is at

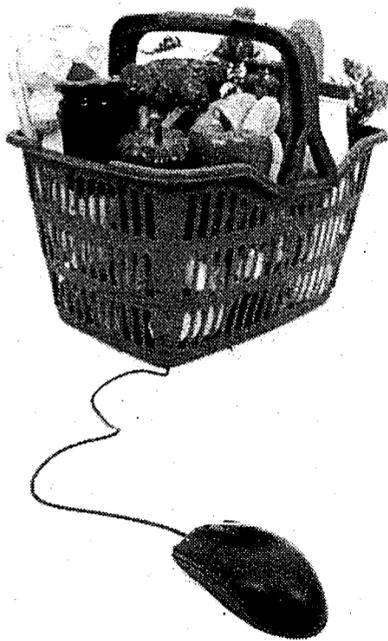


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crossroads about whom to trust. The fast lives we lead are the result of a money-driven economy, leaving us no time to slow down and make healthy foods. One would argue that there is absolutely no need to, not when there are fast foods industries that are a dial away, thanks to technology. We can have instant service delivery at our doorsteps at our convenience. With the onset of online sources, one can spend all day glued at one's computer screens and get everything done with the click of a mouse. Our generation has bred couch potatoes; we no longer take walks to the park to meet friends, not when we can meet at our online "park" called Facebook. As technology continues to take over our lives, what is in store for us?

Supermarkets also have ready-made food, filled with preservatives. Every time we open a soft drink or any other beverage, we down chemicals. The preservatives, colors, flavors and other additives have turned the lab to the 21st century "farm," where plants and animals are grown and fed hormones. This biological interference is affecting consumers. When I walk around, I cannot help but notice how tall or obese our nation is getting. This is obviously a hot debate to touch on, but it is a major concern, and if we do not stop the technological tampering with nature, we are in trouble. Right now, most of us are not entirely healthy without supplemental pills; fruit has been replaced with multi-vitamin

pills. The debate concerning the health care system is between average citizens and major industries that lobby in Washington, DC. Most of us try to eat healthy foods, but we cannot afford them. Salads and other healthier options are very expensive.

The good thing is that change is possible, though consumers will pay more for health and fitness. So the next time you hit Belk Dining Hall, be certain that you make healthy choices, and include a long run with your friends in your daily schedule.



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discoloration or loss of enamel. Since celiac disease is a chronic disorder, the only treatment is the lifelong adherence to the gluten-free diet. When gluten is removed from the diet, the small intestine will start to heal and overall health improves. Learning to adapt to the gluten-free diet can be challenging. It is essential to read food labels and to be aware of what is in everything you eat. Harmful ingredients include unidentified starch, modified food starch, binders, fillers, extenders and malt. For people with celiac disease, eating can become a chore.

Always having to read labels and staying aware of ingredients in food can be a pain. A lot of restaurants and grocery stores are now offering gluten-free products, which

has become a huge help to those with celiac disease. The Gluten Intolerance Group of North America has created the Gluten Free Restaurant Awareness Program. The program is supposed to help make gluten-free dining safer and more pleasant for people with celiac disease. Participating restaurants include Outback Steakhouse and Carrabba's Italian Grill. Other restaurants that offer gluten-free menus are P.F. Chang's, Carino's Italian Restaurant, Fleming's Prime Steakhouse, Chili's, Chick-Fil-A, Lone Star Steak House and Macaroni Grill. Whole Foods carries a large supply of gluten-free products and even offers a gluten-free bake house, offering customers a line of gluten free breads and baked goods. Trader Joe's also offers a wide variety of gluten-free products. Betty Crocker has just recently released four new

gluten-free dessert mixes. People with celiac disease now have a chance to eat brownies, chocolate chip cookies, chocolate cake and vanilla cake. Because of the recent attention to celiac disease, consumers will start seeing a lot more gluten-free products available in their local grocery stores. For more information on celiac disease and the gluten-free diet, check out the book, *The G-Free Diet*, by Elizabeth Hasselbeck, co-host of *The View* or visit [www.celiac.org](http://www.celiac.org).

