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Feminism Reform

We ask ourselves are our diets rebellious, a disease, or is it in our DNA. As we progressed into the 21st century our eating habits have drastically changed, within a short period of time. Men eating meat and women consuming fresh veggies and fruit is said to possibly be embedded in our DNA, it is just now we are rebelling against this. Furthermore, the ideal image and perception of men and women has changed overnight, possibly due to the feminist movement, and with that so did our diets. Consequently, the effect of feminism has caused the rapid change in men and women's food consumption. Due to the rebellion to the freedom to eat, it has resulted in a new rebellion, fat feminism. On the negative, because of fat feminism it has played a factor in the number one disease in America, obesity. The norm of gender roles has changed socially and along with it, so did our diet.

The norms that a man eating a meal full of meat and a women consuming a healthy nutritious salad dates back to early civilization. In the article *Having it His Way: The Construction of Masculinity in Fast-Food TV Advertising*, It states that meat has always been associated towards men, whether it was partaking in meat before a battle or hunting. Whereas,

for the most part women always been gathers, which is why even today women eating healthy greens or fruit is still the norm. The fact that, it has been going on for thousands of years, it is said to be in our DNA for men to prefer to eat meat and women to eat veggies. Only in the 21st century have both genders started rebelling against this, and changing their diets that our ancestors had.

The expected norms of genders have changed almost completely, along with that so did our diets. In this generation we have come to respect both genders right to be themselves and not to discriminate against them, such as a man being sensitive and a women being a strong leader. This battling issue has been discussed by Emma Watson, a feminist advocate, on September 20, 2014, the speech was meant to clarify on what feminism really is. Summarizing, Emma Watson's definition on feminism, it is for both genders right to express themselves and not be shamed for doing so. It is safe to say because of the feminist movement, that's what caused us to rebel against the norms and change our diets.

Due to the feminist movement, it has undoubtedly contributed to the change of both men and women's diets. For example, men will reach for a nutritious meal instead of having the "manly" hamburger. As well as, a women will turn down that dainty salad for a delicious carby double bacon cheeseburger. Men easily can be looked down upon if they chose to eat healthy because salads unfortunately are associated with feminism, which we are reminded every day in commercials and in the media. On the other side, women choosing to eat deep fried chicken with

a side of large French fries are looked at as being disgusting or fat, no matter their size because women are reminded every day we should eat healthy to look hot. With this intention, it has caused feminism to result in also becoming a rebellion, for men and women to eat what they want and not be judged for doing so.

The positive social movement of the feminism, which in companied the rebellion to eat what you want, also with no intention spawned a new movement, fat feminism. Fat feminism is the positive outlook on being overweight or larger. Since, fat feminism is a something readily new to the 21st century, there only has been the movement for stylish plus size clothing and anti-fat work discrimination so far. In the article *Fat Is a Feminist Issue*, Orbach states that fat feminism has come into play because both men and women, specifically women, are tired of being told how to present themselves and most importantly to be thin is beautiful. By becoming overweight or larger a man has to get through all your layers to find out who you are, thus finding a friend or partner is more than just looks. Within, the new millennia we have changed the way we view gender roles and most importantly the way we eat.

Finally, on the negative side the rebellion of freedom to eat what you want and the fat feminism has definitely played a factor in obesity. Obesity is the number one disease in America and with it comes a lot of consequences such as diabetes, high cholesterol, high blood pressure, heart attack, and stroke. In the article *The Horrifying Merger Of Feminism And Fat Acceptance*, Kaffrey talks about how it's great to have confidence, but you being overweight is unhealthy, we

need to accept that we are fat, and work on ourselves. Although, many would be angry towards this article, we have to accept the truth we should all strive to be healthy and stop making excuses.

In conclusion, since the start of the 21st century we have seen a change of expectations on gender roles, and in result our eating habits expectations changed as well. The norms of our past ancestors which involved meat associated with males and veggies or fruit associated with females was thought to be in our DNA, because it has been like that since early civilization. The feminist movement has caused us all to accept one another for who we are, no matter what you do. In effect, due to the feminist movement it has caused the rebellion of freedom to consume what you desire. In result, of eating what you want and defying what is beautiful, has caused many to become overweight or larger, creating a whole new movement, fat feminism. Unfortunately, with fat feminism it has negative consequences like, not being able to accept you are unhealthy. Overall, with great social strides into the future, it also brings negative effects right along with it.

Work Cited

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