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VERSION**Bulging at the seams Europe closes in on U.S. in obesity**

Mickey and Clement Dabadie gazed down at their box of a dozen fresh, flaky doughnuts, glazed and filled, and savored the prospect of every calorie-pumped morsel, guilt-free. They had driven to Harrod's, the luxury department store, specifically to stand in line for Krispy Kreme doughnuts, and now was not the time to fume over fat grams.

"If you're going to feel guilty, don't eat them," Mickey Dabadie, 31, who works at a London hair salon, said. "And if you want to lose weight, just don't eat doughnuts full stop. It's a bit of rubbish to blame the food."

Krispy Kreme arrived in Britain this month at the food section of Harrod's [...]. Its appearance here is only the latest example of American-style eating habits — and their bulging consequences - encroaching on Britain and most other European countries. While Americans have a reputation for tilting the scale more than any other people in the world (and in fact they do), Europeans are fast catching up.

Sedentary lifestyles are part of the reason, experts say. So are environments where adults and children alike are bombarded with commercials for yummy, sugary foods. But, most of all, Europeans are eating more like Americans. Fast-food restaurants are pervasive and jumbo American-style portions have barreled across borders and oceans, requiring large measures of self-discipline. Fatty foods are not only plentiful but often cheaper than fresh, healthful ones. The pace of life has quickened.

Lizette Alvarez, *New York Times*
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