**“Food”**

*by Robin Black*

**Food:**

any nutritious substance that people or animals eat or drink, or that plants absorb, in order to maintain life and growth -

where does Flaming Hot Anything come in?

There is an ingredient found in certain potato chips that the Commissioner of Food and Drugs, David A. Kessler approves...There are some interesting drawbacks to this product. This ingredient causes diarrhea and affects the absorption of Vitamins A, D, E, and K. This product acts like a giant sponge, taking nutrients out of the body before they have a chance to be absorbed in the intestines. "This ingredient may cause abdominal cramping and loose stools in some individuals, and inhibits the body’s absorption of certain fat-soluble vitamins and nutrients,"

that isn’t a food

that ingredient is a terrorist.

they say, you are what you eat

but you donʼt know what you're eating.

addicted to what the ranch dip did:

“ranch” isnʼt a flavor.

a ranch is “an area of landscape”

but even “area of landscape dressing”

sounds better then “buttermilk, sour cream, yogurt, mayonnaise, minced green onion, and garlic powder.”

theyʼll call it comfort food

because you damn well better be comfortable

if you're bloated and bed ridden for life.

the human body can survive

on nutrient juices alone for over 6 months -

are we just addicted to chewing?

animals are worth more dead than alive,

chickens and cows who have only one purpose:

to eat and eat and eat and eat

and die

so you can eat them.

farms genetically alter animals

their bones too weak for them to stand

injected with growth hormones their body

matures as much in a month as it would in a lifetime.

we play god

not to benefit a species

but to cripple them.

mechanized death on bloody assembly lines

animals go in blenders

because you donʼt want to put bananas and protein powder in.

ironically, theyʼll never go extinct

because we mass produce them

out of a demand

to kill them.

their heaven is our bellies -

are we god food too?

city kids for tall buildings to chew?

if they can process a species, then why stop at pigs?

do you think you're not on a farm right now?

the animals ate growth hormones.

you ate them.

you ate growth hormones.

who is feeding you?

you, the consumer itʼs okay for them to CON you

and itʼs okay for you to SUE them

if you end up in the E.R.

Hippocrates said “let thy food be thy medicine.”

instead we digest tortured carcasses consuming blasphemy,

stress chew trauma

gargle black sugar water

finance carnage-murder

diplomatic immunity granted to hamburglerʼs

you think you're not on a farm right now?

suckling the teet of a slaughterhouse

ketchup on their mouth

sugary sweet to neutralize high sodium fries.

Givaudan donʼs raise sour patch kids

addicted to artificial satisfaction

til you pass out like Diabetes Health Care pamphlets

wake up to cavities in your mouth

pricking fingers with lancets

canʼt afford fruits or vegetables and

eat like you CAN afford gastric bypass surgery

operations expand like waists

young minds and bodies high off grease that

cavemen never got to taste.

the food corporations that keep us sick

keep medical corporations rich

raised on nutrition fiction

you donʼt realize when you cook vegetables

you cook the enzymes out of vegetables

still expect it to replenish you

hours of inactivity spent on Farmville

americans ill, dying

glued together meat is still frying

2 liter cup sizes, cheapest pizza pies western diet...pride?

skinny models encourage it like RBST syringes

hold up barbecued fast food theyʼll never eat

what does a body develop into... when artificial is nourishment?

when a society is dependent on caffeine to mask fatigue

profit margin

margarine martyrdom

financial darwinism:

do you think the food in your childrenʼs cafeteria

is selected through legitimate concern?

pizza is a vegetable and

USDA pockets grow fatter then american tape worms.

some kids gotta go to school just for a meal.

education is a prerequisite so they can have a lunch.

donʼt have the luxury to neglect warnings

of corners in the school

where the Pushaman vending machines hunch -

who's playing god with us?

designating our life expectancy

restaurant chains outlive family recipes

like prescription drugs outliving homemade soups and remedies -

you're being fed -

corporate news is full of carcinogens

your favorite radio single

has high fructose corn syrup and yellow 5,

do you think you're not on a farm right now?