

Does this green card make me look fat?

May 06, 2011

The Vancouver Sun:

Moving to the U.S. could be bad for your waistline, according to a forthcoming study linking fatty foods with the desire to belong.

Within 15 years of moving to the States, research has shown that immigrants approach American levels of obesity — a finding previously linked to the ubiquity of cheap, high-calorie fast food and larger portion sizes.

But investigators now suggest it's not simply the presence of such dishes but also immigrants' notion that eating them somehow validates their "Americanness."

Think of it as a patriotic version of the axiom "You are what you eat," with the drive-thru doubling as a rite of passage.

Read the whole story: [*The Vancouver Sun*](#)