

GWIR GOST EIN BWYD RHAD – TRUE COST OF OUR CHEAP FOOD



Mae tyfu bwyd, neu dyfu cnydau er mwyn eu gwerthu a gwneud arian wedi dod yn bwysicach na thyfu cnydau i fwydo pobl.

Growing food, or growing crops in order to sell them and make money has become more important than growing crops to feed people.

Mae bwyd rhad wedi cael effaith ofnadwy ar iechyd y cyhoedd. Wrth i bob gwlad newid o ddeiet traddodiadol i ddi-et mwy Americanaidd, mae eu cyfraddau clefyd cronig yn codi. Ac eto ni allwn gael y llywodraeth i ystyried hwn yn ar-gyfwng.



Cheap food has had a terrible impact on public health. As every country switches from a traditional diet to a more American diet, their rates of chronic disease go up. And yet we cannot get government to consider this a crisis.



Mae'r diet Americanaidd yn lledaenu ledled y byd, oherwydd ei fod yn broffidiol ar gyfer bwyd mawr. Mae wedi'i beiriannu'n llwyr i flasau'n dda. Mae'n taro'r canolfannau pleser yn eich ymennydd ac mae'n ysgogi dopamin a gellid ei ddisgrifio fel caethiwus.

The American diet is spreading worldwide, because it's profitable for big food. It absolutely is engineered to taste good. It hits the pleasure centers in your brain and it stimulates dopamine and could be described as addictive.

Un o'r ystadegau mwyaf damniol yw bod bron i 50% o'r bwyd sydd ar gael ar ffurf bwyd wedi'i brosesu'n fawr, yr hyn rwy'n ei alw'n fwyd sothach. Ac mae'n golygu bwyd sy'n cynnwys cynhwysion nad ydynt yn fwyd; bwyd efallai na fyddai dy nain, hen nain, wedi ei adnabod fel bwyd ar hyn o bryd.

One of the most damning statistics is that close to 50% of the food that's available is in the form of ultra processed food, what I call junk food. And it means food that contains non-food ingredients; food that your grandmother, great grandmother, maybe at this point wouldn't have recognized as



We really have to change agriculture what we're growing and make a real effort to grow real food.

Value our farmers to steward the land.

We have to make sure that people have the income or the ability to buy real food.

We have a choice. We are subsidizing junk food, lets turn the tide and subsidise real food.