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Professor Miller

English 110 H5

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The End of Food

Rhinehart is the creator of a product called Soylent. As a college student, Rhinehart was having a hard time with money. He would spend all his money on groceries, therefore he came up with a solution. He began to purchase nutrition supplements online for a much cheaper price and used them to make his own version of meal replacements. By mixing these powder form nutrients with water and oil, Rhinehart was not only saving money but also time. Being a college student, Rhinehart was quite busy and did not have all the time in the world to eat meals which is why carrying these drinkable meal replacements around was a big benefit to him. I can relate as I am also a college student who struggles with money and time, but real food has so much more meaning behind it than people realize which is why it can not just disappear from our lives.

When creating this product, Rhinehart wanted to make sure it included all the proper nutrients. During his research, he found a list of 35 different nutrients needed for survival which he incorporated into the mix. As mentioned in *The End of Food*, "You need amino acids and lipids, not milk itself. You need carbohydrates, not bread. Fruits and vegetables provide essential vitamins and minerals, but they're mostly water." He began to think that food was an inefficient way of getting what he needed to survive. It just seemed like a system that's too complex and too expensive and too fragile." Food physically is not what the body needs, it is the nutrients in the food the body is looking for.

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Rhinehart used products such as Slimfast and Muscle Milk as inspiration for his own product but wanted to strictly use raw components which is why he uses water with the mix. He had to find the perfect balance of nutrients and water due to the fact that adding too much or too little would affect the body in negative ways. His product was a success in his eyes and has many benefits. When first using his own product, he noticed physique improvement along with clearer skin, whiter teeth, thicker hair, and his dandruff has disappeared. Soylent also maintained his energy level with no crashes and he never had to stop what he was doing for food ever again. In Rhinehart's words, "You could live on Soylent alone." Meaning, he no longer feels the need to eat actual food.

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Another huge reason why Rhinehart is promoting Soylent to others has to do with climate change. Rhinehart stated in the article *The End of Food* that he is not a fan of farms. "Tim Gore, the head of food policy and climate change for Oxfam, has noted, "The main way that most people will experience climate change is through the impact on food: the food they eat, the price they pay for it, and the availability and choice that they have." And food is a major part of the problem: livestock cause almost fifteen per cent of all greenhouse-gas emissions. In California, which is suffering from its worst drought in a generation, about eighty per cent of all water goes toward agriculture". By converting to a Soylent based diet, there would be less resource competition and less use of the sun's energy, water, and air. Rhinehart believes farms should become industrialized to minimize manual labor.

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Although I see the many good points Rhinehart has about his product, I disagree with living off just a drinkable meal replacement. Yes, this mixture covers all the nutrients needed for the body but there are also compounds in real food that are essential for survival which are not in Soylent. The missing compounds being plant chemicals. As stated in the *The End of Food*, "You can live without plant chemicals but you may not live maximally, and you may not have optimal

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function.” By living off of Soylent you may be healthy but having real food will let you live and function at the highest level.

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Another reason I do not agree with living off just Soylent is because you miss the joy in real food. In the article, Soylent was referred to as, “thick, tan liquid that is yeasty, grainy, and faintly sweet.” This description does not seem very appetizing. Changing over to a liquid-based diet comes with many tough cravings. When stuck just drinking liquid all day, seeing and smelling other foods makes you crave them more than ever. You walk by a bakery, remember how you used to always order the chocolate chip muffin there and suddenly that’s what you want to eat, not Soylent. Add something visually descriptive about the smell of food when you walk in a grocery store—this may add some flare to your claim. Food is also known to bring people joy so without it, will you really be as happy? I did some additional research, to help prove my point, on why food and happiness are related. One article called *Happiness and Food* brings up a good point, “Food affects the pleasure and reward centres in our brains in the same way drugs do.” The tastes and texture of real food gives people this sort of “high” which is happiness. Not only eating, but also cooking gives a lot of people happiness. Soylent erases both these sources of happiness, you do not experience new flavors and textures and you do not get the joy of cooking a meal.

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Food is also very connected with socialization. Most of the time when people get together, whether it’s old friends catching up or a first date, food is the highlight of the event. People use eating a meal together as a time for socialization. People also use food in order to bond with others. This is exactly why my favorite food is in fact my favorite. My favorite food is chocolate dream pie. It’s not only the taste of the dessert that’s so great but also the connections I have made because of it. As I mentioned in my Favorite Meal essay, “This dessert has brought my dad and me together for many years”. My dad and I do not get much time together due to

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school and his job, but this pie has been something we bond over. We spend each holiday cooking this pie together which gives us the **catch-up** time we need. For this reason, I look forward to the holidays. If neither of us ate real food and only drank liquid meal substitutes we would not have this way of connecting. Even my dad **sees** how food brings people together. In my Favorite Meal essay he mentions, "I enjoy this dessert more than the rest because it has ties with both my mother and daughter." **Bonding over Soy lent just isn't the same which is why we need real food in our lives.**

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This product does have benefits including being time and money saving. Rhinehart also mentioned how Soy lent improved physique **You already mentioned this, so possible word choice to replace this?** and got rid of his midday crash. Although these benefits are great, food is not something we can remove from our lives. Flavors, smells and textures are things food give us that Soy lent does not. Food also leaves us with happiness, socialization, and bonds in which Soy lent **cannot** replace. Without food, our lives would be completely different and not necessarily in a good way which is why food should never be replaced.

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Commented [7]: [Feedback Letter]: Morgan, I really enjoy how this essay flows and the opinionated pieces behind it. It gives the reader a sense of how you really feel about the whole topic of Soy lent. I feel as though you could work on commas and proper mechanics in your text (which I've suggested through edits). A few points that I've highlighted are a bit vague which could go with a bit more elaboration for clarity. Some run-on sentences could be reworded for smoothness. Other than that, this is a very good essay with much potential.

Works Cited

"Happiness and Food." *Make Everybody Happy*, makeeverybodyhappy.org/happiness-and-food

Widdicombe, Lizzie. "The End of Food." *The New Yorker*, The New Yorker, 19 June 2017, www.newyorker.com/magazine/2014/05/12/the-end-of-food.

Commented [8]: Remember to add a hanging paragraph line for proper MLA formatting