

Published on *FCA Resources* (<https://fcaresources.com>)

[Home](#) > [Fit 4 Ever: The High Price of Cheap Food](#)

---

## **Fit 4 Ever: The High Price of Cheap Food**

Can the food we eat actually make us sick? According to an article in TIME magazine, we may be paying a steep price for the cheap quality of food we eat.

Typically I don't consult newsstands for good science, but this article had a lot of truth in it. The topic centered on how the American food system is bad for our bodies, bad for the environment and bad for our economy.

### **Bible Reference:**

Luke 14



Fellowship of Christian Athletes © 2024  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:**<https://fcaresources.com/article/fit-4-ever-high-price-cheap-food>