

For the Love of Food

I've recently returned from a gastronomic adventure through the southern states. I treated myself to every indulgence I came across. However, with two weeks of delicious food at my fingertips, returning back home and to the reality of a far more sensible diet has forced me to refocus my obsession du jour from actual consumption of large quantities of delicious (largely deliciously fatty) foods, to reading and dreaming about it. In feeding my mind with deliciousness, I've actually stumbled upon some interesting facts about the food we eat and how much we pay for it has changed over the years.

While we often hear about food prices skyrocketing over time, has anyone actually sat down and worked out if, in fact, there is any correlation to how much money we now earn? The answer lies with The Arizona Farm Bureau (AFB). Their blog, *Fill Your Plate*, had [a really interesting post](#) from April of this year comparing food prices from 1913 to 2013, to which they put some of those seemingly skyrocketing prices into a bit of perspective.

So let's consider the AFB's information a bit further. If we believe what the AFB says about food, why do we all feel like we're paying more for what we buy? Well, that might be because we're actually consuming far more than we did back in the day. Check out [this comparison](#) from a blog called *Divine Caroline* about portion sizes of some of our favourite treats and how compared to what we were eating in the 1950s or 1970s might have something to do with what's going on in our pocketbooks and our waistlines... yikes!

Regardless of the good news/bad news about food from these two sources my obsession/enjoyment of food holds steady! As I feed my mind with information about food, I'll continue dreaming about a trip back to the south and diving into a plate of fried chicken, some biscuits and gravy or a sugar coated beignet – yay food!