

Ask A Genius 12 - The Future of Food

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What about the future of food?

Food will continue to be delicious and will probably continue to get more delicious. Although, we might be reaching some limit there. How much greasy, salty, sweet can you pack into food? It will slowly be engineered to be healthier. That's been a slower process because there's less money in selling healthy food than selling delicious food.

People are more motivated to buy the delicious. In the farther future, people will start to be able to get rejiggered to crave food that is less unhealthy. Food of the future looks pretty good. It will be as or more delicious than now. It will slowly get less for us. We will have more ways of fighting the harm that terrible food causes or rejiggering ourselves to not crave terrible food as we do now.

So, it's a sunny picture. In America, you have a third of the population being obese and close to half of the population being overweight, which is not a problem. If you hate looking at fat, then that's your problem and seen as fat shaming. The only actual problem aside from the aesthetic one, which is justifiably taboo, is being fat makes people not live long.

America is working on a whole spectrum of treatments to help overweight older people. It'll help people live longer, healthier lives. The obesity epidemic will succumb to technical remedies.

There will be ways to eat food without absorbing all of the calories. I take carb and fat blocks and fibre gummies.

The trouble with carb and fat blockers is that they cause horrible intestinal distress because you have gruesome poops. The problems caused by unhealthy eating will eventually be pretty decently addressed. People will tend to be on the heavy side, but it won't kill us and eventually what we want out of food and what food will give us will be more in line with health.

It'll be in the next 60 years.