

What Does Overeating Really Cost?

Everyone knows eating too much and exercising too little can pack on unwanted pounds. But fewer people know that being overweight can cost more than the price we pay for food.

Health care expenses

Obesity is a major contributor to type 2 diabetes. And the typical monthly bill to treat diabetes complications can range from \$350 to \$900 without insurance. That's about \$4,200 to \$10,800 a year you could potentially pay out of your own pocket. Even if you have insurance, diabetes complications can cost you as much as \$1,600.

Higher Fuel Costs

The extra pounds that Americans have put on over the past decade have required airlines to use an extra 350 million gallons of fuel according to analysis by Cornell University researchers. Total cost to American air travelers: \$275 million.

Higher taxes

Uncle Sam currently collects about \$180 per American each year in federal and state income taxes to fund Medicare and Medicaid payments related to obesity care. For a family of four, that's about \$720.

As you can see from these examples, overeating takes a toll on your health and your wallet. So think twice before you super size.

