

Forum:[Hack Forums](#)

Thread: [Reminder that most of the stuff in grocery stores didn't exist 90 years ago](#)

Eran - July 27, 2026, 3:20 am

Title. Just a friendly reminder to be careful of what you eat and what you put into your body. Take care of yourself.

Raijin - July 27, 2026, 4:29 am

Yes, stop eating fast food. Especially fried foods.

? sentient ? - July 27, 2026, 9:37 am

Very little food should need a label either.

A lot of stuff they sell as food at the grocery store does however.

Phantom_NiNja - July 28, 2026, 4:28 pm

(Jul 27, 2026 03:20 AM)Eran Wrote: [\[CITE\]](#) Title. Just a friendly reminder to be careful of what you eat and what you put into your body. Take care of yourself.

Why is that? did something happen to you?

TB12 - July 29, 2026, 7:32 am

(Jul 27, 2026 04:29 AM)Raijin Wrote: [\[CITE\]](#) Yes, stop eating fast food. Especially fried foods.

Was eating fast food religiously, finally stopped being a lazy POS and I always am making my lunches and dinners now. Still treat myself every now and then though haha

Raijin - July 29, 2026, 7:34 am

(Jul 29, 2026 07:32 AM)TB12 Wrote: [\[CITE\]](#) Was eating fast food religiously, finally stopped being a lazy POS and I always am making my lunches and dinners now. Still treat myself every now and then though haha

That is good! Your body will thank you.

TB12 - July 29, 2026, 7:37 am

(Jul 29, 2026 07:34 AM)Raijin Wrote: [\[CITE\]](#) That is good! Your body will thank you.

I do feel better! My body has high metabolism so I wasn't gaining weight from it. That was honestly a problem because I had less of an incentive to eat more healthy.

RecoveryAnonymous259 - July 29, 2026, 9:00 pm

(Jul 28, 2026 04:28 PM)Phantom_NiNja Wrote: [\[CITE\]](#) Why is that? did something happen to you? Was curious about the same thing

UlliBoll - July 31, 2026, 5:30 am

Way back, ice cream was not available in the store due to the lack of freezers. I recall an old guy talking about how ice was delivered to stores in blocks in his childhood. So yes, we are spoiled nowadays. ?

xadamxk - July 31, 2026, 2:25 pm

While I do agree that there is a lot of shit in food that shouldn't be, compare the average lifespan to 90 years ago ?

Punisher - July 31, 2026, 2:37 pm

(Jul 27, 2026 03:20 AM)Eran Wrote: [\[CITE\]](#) Title. Just a friendly reminder to be careful of what you eat and what you put into your body. Take care of yourself.

This is such a dumb take. While yes, there's a lot of crap peddled to consumers, we also have modern regulations. Shit you bought 90 years ago wasn't checked for contaminants and would expire quickly. In fact, the crap you bought 90 years ago was worse for you than modern crap today. If you don't buy junk food you're fine.

Don't use your microwave, it didn't exist 90 years ago so it must be bad for you.

Don't wear sunscreen, it didn't exist 90 years ago so it must be bad for you.

Don't take allergy medication, it didn't exist 90 years ago so it must be bad for you.

Don't use disposable diapers for your children, they didn't exist 90 years ago so it must be bad for you.

Don't use liquid laundry detergent, it didn't exist 90 years ago so it must be bad for you.

Don't put LED bulbs in your house, they didn't exist 90 years ago so it must be bad for you.

Pay for everything with cash, debit/credit/tap2pay didn't exist 90 years ago so it must be bad for you.

Don't put smoke detectors in your house, they didn't exist 90 years ago so it must be bad for you.

The list can go on, these are just things most commonly found in modern grocery stores.

There's hundreds of thousands of things that didn't exist 90+ years ago that greatly improve your everyday life, what a dumb thing to say - worry about your health because X didn't exist 90 years ago.

Reminder of some ways it was WORSE 90 years ago:

Formaldehyde in Dairy: To prevent milk from spoiling on its way to the city, producers frequently added formaldehyde (embalming fluid). Not only did it act as an antibacterial agent, but it also gave rotting milk a sweet taste.

Borax and Lead: Borax—today known as a harsh cleaning agent and pesticide—was routinely used to preserve milk and butter. Lead compounds were famously added to cheese to give it an appealing golden-yellow hue.

Brick Dust and Plaster: Spices were some of the most heavily adulterated items. Ground cinnamon was frequently cut with brick dust, while black pepper was extended with ground shells or charred rope. White powders like Plaster of Paris and gypsum were regularly mixed into flour to make it look whiter and heavier

Hayseed Jam: The FDA set up an exhibit in the 1930s nicknamed the "American Chamber of Horrors" to showcase products they couldn't legally ban. One featured product was a "strawberry jam" that contained absolutely no strawberries. It was made entirely of artificial colors, flavors, pectin, and actual hayseeds thrown in to simulate the crunch of strawberry seeds. Toxic

Weight-Loss Foods: Dietary products often contained dinitrophenol, an industrial chemical that accelerated metabolism but also caused fatal blood disorders and cataracts. Because it wasn't strictly categorized as a drug at the time, it was sold freely.

While we worry about pesticide residues today, the agricultural chemicals used in the 1920s and 1930s were exceptionally dangerous. Farmers relied heavily on insecticides made from heavy metals—specifically lead and arsenic. Chronic ingestion of these heavy metals from crop residues was a massive, poorly regulated public health issue

The Pact - August 1, 2026, 12:12 am

(Jul 27, 2026 03:20 AM)Eran Wrote: [\[CITE\]](#) Title. Just a friendly reminder to be careful of what you eat and what you put into your body. Take care of yourself.

Are we eating Pigeons yet? ChickieNobs, Mo'hairs:, and SecretBurgers?

ChickieNobs: A headless, boneless mass of growing chicken tissue kept alive in a nutrient bath, engineered specifically to replace traditional factory-farmed chicken in fast-food markets.

Pigoons: Genetically spliced pigs grown with human organ and brain tissue modules for organ harvesting, whose meat was also farmed and repurposed for human consumption.

SecretBurgers: Fast-food mystery meat products of dubious and grotesque biological origins sold in the degraded urban "pleeblands".

Mo'hairs: Goats or sheep spliced with human or synthetic genes to provide specialized commercial byproducts.

Actually it's hard to find fastfood that will give you chicken wings or thighs nowadays they want to only sell you boneless chicken and boneless pizza.