

Nutrition Behind the prison walls

Daily inmates are fed in ways that will cost the government more money upon release and they have to continue to take care of their inmate. Because now they have health issues that they have when they entered the system. I know so many inmates who ~~are~~ battle high blood pressure, insulin dependent, cholesterol, vitamin A and low iron. The inmates diet consist of all starches foods, which is whited foods that turns into sugar.

I remember when the rate of insulin dependents was low. Now its close to hundreds of inmates are insulin dependents ~~or~~ diabetic pills, or just dependent of medicine. So when ever the inmates are released they will have to depend on a disability check because their health is very poor. The disparity of health has turn into a disaster behind the wall.

Not only do we need a nutritionist in DC. We need a new menu period. This menu is ridiculous and has been in existence for decades.

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