

RFK Jr.'s Health Policy Targets Seed Oils, Processed Foods for Reform

Health and Human Services (HHS) Secretary Robert F. Kennedy Jr. vowed on Monday to implement “radical transparency” in an effort to “Make America Healthy Again.” Speaking on Fox News’ Hannity, Kennedy emphasized the dangers of processed foods and seed oils, highlighting their role in the nation’s chronic disease epidemic.

Kennedy argued that the widespread consumption of ultra-processed foods, particularly those containing seed oils, is a primary driver of chronic illnesses such as diabetes. “All the science indicates that ultra-processed foods are what are behind—the principal culprit. And it’s an extraordinary explosion, the epidemic we have of chronic disease,” Kennedy stated.

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Comparing past and present health statistics, Kennedy pointed out the dramatic rise in chronic disease rates. “When my uncle was president, 3% of Americans had chronic disease. Today, 60% do. We have 66% of adults who are diabetic or pre-diabetic, 38% of teens,” he said. He noted that pediatricians used to see one case of juvenile diabetes in a lifetime, but now, “one out of every three kids who walks to his office door is diabetic or pre-diabetic.”

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Kennedy further stressed the economic impact of chronic

diseases, stating that conditions like diabetes and mitochondrial disorders are now costing the U.S. more than its military budget. Despite spending significantly more on healthcare than other countries, the U.S. continues to experience worsening health outcomes.

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Kennedy attributed much of the crisis to dietary choices and endorsed a return to traditional ingredients such as beef tallow instead of industrial seed oils. "This President Trump wants us to have radical transparency and to incentivize companies like this one to switch to traditional ingredients like beef tallow," he explained.

The Biden administration's food policies faced criticism for failing to curb the growing public health crisis, and Kennedy's remarks signal a policy shift focused on dietary transparency and corporate accountability. The proposed initiatives aim to reverse the trend of chronic disease through consumer awareness and regulatory changes that promote healthier food options.

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