## Who needs to take responsibility for population's and environment's health?

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## **ABSTRACT**

This paper aims to find an answer to the following question: Are we what we eat or what we are offered to eat? Who should be responsible for our decisions? The human health depends on decisions that consumers make when choosing and consuming certain products and also the fact that the producers are offering products less environmental, produced using growth hormones, ingredients that are derived from genetically modified organisms, so the nutrients are contaminated. To get an answer to this question we will discuss some research done both for consumers and producers to understand that freedom makes you more responsible and that the decisions we make today can influence our life in a positive or negative way.