



# Is food really bad in the United States?

*U.S. Gastronomy*

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First of all, one thing needs to be said: the United States is not just fast food.

And yet, in Italy, the idea that “people eat badly in America” is still incredibly widespread. Often, just mentioning a hamburger immediately brings to mind something industrial, low-quality, or far removed from the kind of gastronomy we are used to.

But the reality is far more complex — and far more interesting.

Anyone who has truly experienced American food culture knows there is a huge difference between standardized fast food and authentic American cuisine: the local pubs, historic diners, smokehouses, small independent restaurants, and regional culinary traditions.

And perhaps the hamburger itself is the best example.

For many Italians, the burger is almost a symbol of “bad food.”

In the United States, however, it can become a surprisingly refined gastronomic experience.

Artisan buns, high-quality meat, perfect cooking techniques, local ingredients, and simple yet carefully balanced combinations: in many American pubs, burgers are treated with the

same level of care and respect that Italians reserve for a well-made pizza or a traditional regional dish.

And this is probably where the biggest misunderstanding begins: confusing American cuisine with its most industrialized version.

It would be a bit like judging all Italian cuisine based only on frozen pizza.

In reality, the United States has an incredibly diverse food culture, shaped by geography, cultural influences, and local traditions.

From Texas barbecue to New England lobster rolls, all the way to the diners along Route 66, food tells stories of identity, community, and heritage.

And perhaps this is the most interesting point of all: iconic dishes do not become global only because they taste good, but because they represent a culture.

After all, the same happens in Italy.

Behind the products we export around the world, there are not only ingredients, but also territories, traditions, and experiences.

And maybe that is exactly what makes food a universal language: its ability to tell the story of a place through what we eat.



*Alysei...Sailing to Success!*