

Spring 2012 University of North Texas  
HMG 1450. Principles of Nutrition  
Food Rule Written Statement

File Number: S12562113

Food Rule: Eat Less Please

Statement: My food rule, Avoid a health disease eat less please, is an example of "how you should eat." This rule expresses to portion your meals in order to achieve a healthy life. Eating less decreases the chance of getting a serious disease such as heart disease, high blood pressure, diabetes, etc. These diseases are usually associated with obesity and by eating a smaller amount of food will help solve this on-going issue. My food rule goes along with DGA chapter 2; it states that if you eat out you should share a meal with someone or order a smaller portioned meal. DGA also says that serving/preparing smaller meals will help reduce eating and drinking too much, which you do with a larger portioned meal, and will help you lose weight or avoid gaining any. DGA recommends that you should eat more home cooked meals to measure the portions better but this may be difficult for people who are always on the go and tempted by America's fast food and larger portioned food choices. Michael Pollan's Rule #44, 45, and 52 go along with my food rule. He states in rule #44 that even though you have to pay more for healthier food you eat less and rule #45 agrees that eating less is better in the end. In rule 52 Pollan states that buying smaller plates and glasses helps you prepare less food and eat less. My food rule helps UNT students learn to portion their meals and live a healthier lifestyle when it comes to food. I graded my food rule STRONG. Both DGA and Pollan make strong arguments on the importance of eating smaller-sized portions because it will help reduce the risks of developing any health disease and or obesity.