

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

File Number: S12562106

Food Rule: Eat food in their natural state that has to eat and grow just like you, is an example of “what kind of food should I eat.”

Statement: This food rule explains how eating real and whole food will keep you in a healthy diet and processed foods take away the purpose and the nutrients the whole food provides us. DGA 2010 chapter 3 states that people needing to control body weight can by consuming foods lower in sodium, added sugar and refined grains. They have all been tampered to our food making it unhealthy for us and causing substantial amount of body excess weight. DGA 2010 chapter 4 tells us that Nutrient dense foods like raw vegetables and whole grains provide many vitamins and minerals that we need to maintain a healthy diet. Even 100% fruit juice doesn't contain the minerals you would see in whole fruits so eating them in their natural state is a better option. My rule also agrees with Michael Pollan's rule 22 and 35. Rule 22 states that you should “Eat mostly plants, especially leaves” because studies have shown that it is better for you, that diets rich in raw vegetables and fresh fruit will help you live longer and cut the rate of cancer in half. Rule 35 states that “Eat sweet foods as you find them in nature.” This will help cut calorie intake and just by eating the fruit and not drinking the packaged juice (which contains all the added sugars) you will be eating healthier already. My food rule is very valuable to especially UNT students because this can help remind them while eating in the cafeteria's to branch out and eat more “natural” foods. The vegan cafeteria also helps with my food rule giving more vegetable and fruit options. This food rule can help you get on the right track to a healthy diet and start eating the things that are a better option and taste great! I grade my food rule STRONG because it is stated in both DGA and Pollan's that you should eat food more in their natural state without added ingredients.