

Spring 2012 University of North Texas
HMG1 1450. Principles of Nutrition
Food Rule Written Statement

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Food Rule: Have a Variety of Tastes in Your Life

Statement: My food rule is having a variety of tastes in your life. In this chapter, “what kind of food you should eat,” shows the importance of nutrition and healthy choices in your daily food choices. In this section, the writer tries to persuade the people to eat mainly fruits and vegetables. Vegetables and fruits have different nutritional necessities that the human bodies needs in order to function and be healthy. In chapter 4, DGA informs the reader that having diverse colors of vegetables persuades people in society to eat. The darker the vegetables are, such as green, red, purple or orange the better it is for you. The chapter also suggests eating grains such as beans. Chapter 5 informed the public about the consumption of foods from different food groups in the nutrient dense. The nutrient dense is the recommended amount to consume and helps the body move towards a healthy lifestyle. People who are in D.A.S.H help bring awareness to this situation. Two of Pollan’s Food Rules that stood out to me was rule 25 and 29. These rules help people realize what’s healthy for their body and not their eyes. Rule 25 states that more colorful meals enhance the color impressions displayed on the plethora as beneficial for phytochemicals in the eyes. Rule 29 makes people view what we eat, watch our eating patterns, and shows the different type of meats we consume. Being a college student, my eating pattern changes frequently, therefore having my rule is very beneficial towards the cafeterias around campus. Having fibers, vitamins, and proteins is something we should consume every day. We should not choose food with our eyes that are usually smothered in grease, but choose meals with lots of colors such as fruits and vegetables. Grading my food rule as STRONG. Having no evidence to help support the DGA or Pollan’s manual, this affects a diet that has lacked in variety and existence of healthy fruits and vegetables.