

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

File Number: S12562109

Food Rule: My Food Rule is called, "If you're not hungry enough to eat fruits and vegetables, you're not really hungry"

Statement: This falls into the categories of "how you should eat" and "what kind of food you should eat", because it addresses the type of food as well as when to eat it. This rule emphasizes the fact that people should analyze the real reason they are hungry and make better choices when they decide to eat. Rather than eating because you are bored or having a craving, you should only eat when you are actually hungry, which helps limit the intake of non-nutritional foods. DGA Chapter 4 states that the general public does not receive enough of the nutrients that are contained in vegetables, such as folate, magnesium, and vitamins A, C, and K. Chapter 4 also explains that eating generous amounts of fruits and vegetables is associated with a lowered risk of several diseases, such as heart attacks and strokes. It mentions that they are lower in calories as well. This evidence from the DGA parallels rules 14 and 47 in Michael Pollan's Food Rules. In rule 14, Pollan urges people to eat foods that they can picture in their raw state in nature. This helps keep chemicals and unnecessary substances out of your diet. Rule 47 explains that people should eat when they are hungry, and not bored. He expresses the need to analyze why we're eating, and use that to gauge what we eat. This rule is especially important for modern day college students, because eating has become a social activity. Students eat now for fun, and not really because they are hungry. I graded my food rule as STRONG because it is strongly supported in the Dietary Guidelines for Americans, as well as in Michael Pollan's Food Rules. Both strongly support the idea that eating fruits and vegetables is a positive diet choice.