

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

File Number: S12562129

Food Rule: Avoid Vending Machines

Statement: My food rule, Avoid vending machines, is an example of “what you should eat.” My rule cautions people to be aware of the highly-processed, unhealthy snacks that are high in trans-fat and the sugary beverages that are included in the food selection of most vending machines. The rule encourages you to set higher nutrition standards for yourself and make positive contributions to your diet and health. In Chapter 2 of the DGA 2010, it recommends that many Americans need to reduce their daily intake of sugar-sweetened beverages. Strong evidence indicates that “children and adolescents who consume more sugar-sweetened beverages have higher body weight compared to those who drink less, and moderate evidence also supports this relationship in adults.” Chapter 3 of the DGA 2010 also explains that studies have discovered an “association between increased trans fatty acid intake and increased risk of cardiovascular disease.” Trans fatty acids are found commonly in snack foods, and prepared desserts, and vending machines are a dominant source of these kinds of foods. My rule is supported by Michael Pollan’s Rules #13 & #16. Rule #13 recommends that you eat only foods that will eventually rot. It explains that we should avoid highly-processed food, because processed food is less nutritious than it typically is supposed to be. Rule #16 suggests an option for obtaining healthy food by purchasing your snacks at the farmer’s market, and not from a vending machine. My rule can allow the chance for UNT students to escape the nasty consequences of vending machines, such as developing a poor diet, or increasing their risk for diabetes, coronary artery disease, and obesity. The rule will also encourage students to purchase healthy and nutritious snacks thus, improving their diet and health. I graded my food rule as STRONG. The DGA 2010 provides strong arguments for eliminating added sugars, reducing our intake of sugar-sweetened beverages, and decreasing the amount of trans fatty acids in our diets. Pollan also strongly supports my rule by indicating that vending machines do not provide healthy snacks, but your local farmer’s market does.