

Fall 2011 University of North Texas
HMGT 1450.001 Principles of Nutrition
Food Rule Written Statement Grade

File Number: F115620081

Food Rule: To lose weight, put less on your plate.

Statement: My food rule is “To lose weight, put less on your plate!” It addresses the “How should I eat?” aspect of eating habits. This rule reminds people to use controlled portion sizes when eating in order to maintain a healthy body weight. Chapter 2 of the DGA states that many Americans are in calorie imbalance, meaning they are consuming more calories than they are expending. This leads to weight gain, and even obesity, which has become an epidemic in the U.S. Research shows that portion sizes have increased since 1970, and that when larger portions are available, people tend to consume more calories. There is also strong evidence that supports that portion size is related to body weight. My rule agrees with Pollan’s rules #45 and #53. Rule #45 links overeating to weight gain, in addition to other medical conditions that follow obesity. Rule #53 links portion size to overeating, and states that “going back for seconds” causes one to lose control over portion size altogether. My rule would help other UNT students to make deliberate decisions regarding how much they eat at each meal, and to start monitoring their calorie intake. I grade my food rule as STRONG. The DGA provides numerous examples of research and evidence that back up this argument. These include evidence that smaller portion size leads to more limited calorie intake, which leads to weight loss.