

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

**File Number:** F115620122

**Food Rule:** If it's natural and contains Potassium in it, eat it

**Statement:** My food rule, "If it's natural and contains Potassium in it, eat it" is an example of what kind of food you should eat. My rule encourages UNT students and shoppers to eat more potassium in their diet. Examples of foods that contain potassium and are natural are in it are bananas, avocados, dates, and melons. DGA 2010 page 35 states that potassium is one of the many foods that most people under consume. DGA in chapter 3 states that "Dietary potassium can lower blood pressure by blunting the adverse effects of sodium on blood pressure". DGA, in chapter 3, also claims that a diet rich in potassium can reduce the risk of kidney stones and decrease bone loss. The Adequate Intake (AI) for potassium for adults is 4,700 mg per day, as stated my DGA (chapter 3). My rule agrees with Michael Pollan's Rules #13, and #19. Rule #13 says to eat foods that eventually will rot. Since, most of these naturally potassium rich foods are foods that will rot, it's a good idea to follow this rule. The more processed the food is, the longer the shelf life. Rule #19 says, "If it came from a plant, eat it; if it was made in a plant, dont." This rule basically describes how eating food that is natural rather than manufactured is obviously way healthier for you. My food rule helps UNT student make nutritious choices when food shopping and reduce their risk of kidney stones and bone loss. I grade my food rule as STRONG. Both DGA and Pollen make strong arguments against processed foods and food that are natural and potassium rich.