

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

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Food Rule: Avoid beverages that will rot your oral cavity with just one sip.

Statement: Avoid beverages that will rot your oral cavity with just one sip, is an example of “what should I eat?” My rule encourages shoppers of all ages to watch what they put into their bodies, as well as encouraging them to read the Nutrition Facts label on all beverages that contain high fructose corn syrup or any other types of sweeteners within the top 3 ingredients. DGA 2010 chapter 2, states strong evidence shows 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 as well. It also states that sugar-sweetened beverages provide additional calories and few essential nutrients to the diet. In the DGA 2010 chapter 3, it states that the major sources of added sugars consist of soda, energy drinks, and sports drinks which are added up to 36% of added sugar intake and 13% of sugar-sweetened fruit drinks amongst the diets of Americans. In DGA Chapter 5, it deliberates on the daily intake from adults ages 19 years and older to children ages 2 to 18 years who consume an average of 400 calories a day just from beverages alone. This may be difficult to do since the majority of beverages we drink on a daily basis contain sugar-sweeteners and high fructose corn syrup. My rule also agrees with Michael Pollan’s Rules # 4 and 5. Rule # 4 recommends avoiding products that contain high fructose corn syrup and # 5 recommends avoiding foods/beverages that have some form of sugar (or sweetener) listed among the top 3 ingredients. My food rule will help UNT students make healthier choices when they are out and about and getting up early to head to class and or work in the morning. This rule will increase the intake of drinking beverages with less calories and low to none in high fructose corn syrup and added sweeteners. I grade my food rule as STRONG. Both the DGA and Pollan make strong arguments against the dangers that high fructose corn syrup and added sweeteners have on the human body.