

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

File Number: F115620322

Food Rule: Meat should look like it came off of an animal not out of a Play-Doh Fun Factory.

Statement: Meat should look like it came off of an animal not out of a Play-Doh Fun Factory illustrates that meat resembling its form on the animal is a better answer to Michael Pollan's question "What should I eat?" Butchered, sliced up, even ground up meats such as steaks, chicken breasts, and fish filets are "food." Vienna sausage, wieners, and bologna are examples of processed "edible food-like substances." DGA Chapter 3 recommends that Americans reduce their intake of sodium. DGA Chapter 3 notes that most of our sodium is added with food processing and both franks and cold cuts are in the top half U.S. sodium sources. Two Oscar Meyer Wieners contain 1080mg of sodium, two-thirds of the adequate daily intake (1500mg) and almost half of the tolerable daily intake (2300mg). Most processed meats also contain solid fats as well as the big red flag of processed foods, corn syrup. Avoiding processed foods is the major theme of Michael Pollan's first section and this rule agrees with many rules in that Section (Rules 1, 2, 3, 6, 7, 11, 14, 17, 18, and 19). Focusing on a just a few, Rule 6 tells us to avoid foods with more than five ingredients (Oscar Meyer Bologna lists 18, including one called "Flavor"). Rule 14 suggests foods we can picture in their raw state. Rules 19 & 18 tell us avoid food made "in a plant" or "where everyone is required to wear a surgical cap." This rule can help UNT students consume less sodium as well as fewer solid fats as recommended in DGA Chapter 3. In addition, choosing meats that are more natural assists in, but by no means ensures, meeting the DGA recommendation for consumption of more nutrient-dense foods. I would grade this rule as STRONG. The DGA sites strong evidence that lowering sodium intake lowers blood pressure plus more moderate evidence of an association between processed meats and both colorectal cancer and cardiovascular disease.