

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

File Number: S12563134

Food Rule: Eat to live not live to eat, is an example of “how we should eat.”

Statement: My food rule encourages people to eat healthier with smaller portions, set an eating pattern of what you eat and when. This rule is to prevent chronic disease and promote a healthier lifestyle. DGA 2010 chapter 2 states the prevalence of obesity has almost tripled since 1970 due to the lack of proper calorie intake. Americans eat more calories than they burn. DGA 2010 chapter 5 encourages Americans to focus on healthy eating patterns with nutrient-dense foods instead of empty calories with solid fats. DGA 201 chapter 2 and 5 supports Michael Pollan’s Food Rules, 52 and 55. Rule #52 promotes buying smaller plates and glasses reduce consumption by 22%. Rule #55 states people who graze all day end up eating more and end up eating processed snack foods which are empty calories and have no healthy nutritional value which causes weight gain. My rule is very helpful to UNT students because of the late night and sometimes all night studying and having to get up for 8:00am classes. College students keep odd hours and in doing so my rule promotes eating food when necessary, eating smaller portions, eating nutrient-dense food when you eat hungry and to set a nutritional pattern to avoid over consuming calorie intake. I graded my food rule as STRONG. In both DGA and Pollan’s manual there is evidence from research stating how and what to consume when setting an eating pattern to control calorie intake and weight gain to avoid chronic disease.