

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

File Number: S12563124

Food Rule: Avoid Foods with Adjectives in Front of the Food Name

Statement: My food rule is to Avoid Adjectives and this describes “what you should eat.” My rule informs shoppers that anything with a low-fat, diet, or light adjective prior to the name of the food should be avoided. Anything that has these adjectives has not only been obviously processed, but has been altered into something that looks more consumer-friendly. If shoppers quit looking for adjectives that make processed foods sound better, they will have to look for other health options, such as green vegetables. Pollan states that anything with sugar or sweetener should be avoided, so if it says “diet” there’s a good chance something has been added, whether it be aspartame or something else. Processed food has a high number of ingredients, and Rule #6 says to avoid products with more than five ingredients. Foods that are low-fat or light have more additives and also lack in flavor, making people consume even more than they would have in a “whole” product. DGA chapter 4 says that oils should be used to replace solid fats as much as possible. Instead of paying attention to the adjectives that make a food seem more appealing, shoppers should listen to these rules that suggest appropriate substitutes for these misleading food items. DGA chapter 5 advises to eat more nutrient-dense foods, and if my rule is followed, consumers will pay more attention to nutrients and less to what “seems” healthier. This is of value to UNT students, because I think most of us don’t have a lot of spare time to exercise and shop in healthier ways. We look for quick fixes, such as diet and low-fat foods and drinks, that are really not benefitting us at all. With this simple rule in place, it encourages students to seek real health options instead of giving in to these traps. I give this rule a MODERATE grade. While it is important to have a better idea of what is in your food, this doesn’t mean that every person will adhere to it, and it isn’t life or death. But, it will improve how you observe food, and can lead to making better choices.