

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

File Number: S12563115

Food Rule: stacking nutrients instead of snacking

Statement: My food rule, Stacking nutrients instead of snacking, is an example of “what kind of food you should eat.” My rule suggests a more responsible route for people to follow in order to establish a regular, well-balanced, meal plan that will tide them over without the need for the overly available typical unhealthy snack item. Certain nutrients can be used in sync with your body to maintain a healthy weight and lifestyle. For example: foods high in fiber reduce the rate at which it is digested, this keeps you more content for longer. In the DGA 2010 chapter 5, and Pollan’s food rule 29, it is suggested that people should consume foods rich in nutrients. It is even more encouraged to “close the nutrient gaps” as it correlates with a healthy eating pattern. By analyzing our eating patterns and eating diverse nutrient rich foods we can cover all of our bases and ensure we get the correct daily amount. My food rule helps UNT student not only make better but educated decisions as if they learn their required nutrient consumption amounts they can make better decisions on the meals they eat. Making educated decisions will help prevent unhealthy snacking as the body will be content between meals and the required nutrient levels are met. I believe this food rule can be graded as STRONG because powerful evidence for it is given by Chapter 5 in the DGA and Pollan’s rule #29.