

Spring 2012 University of North Texas  
HMG1 1450. Principles of Nutrition  
Food Rule Written Statement

File Number: S12563108

Food Rule: Eat at least one fruit and one vegetable snack a day

Statement: My food rule is to eat at least one fruit and one vegetable snack a day. This would be an example of "Increasing Fruit and Vegetable intake". This rule encourages people to eat get more nutrients into their diet without having to eat a full sit down meal. The majority of Americans do not consume an adequate amount of the fruits and vegetables needed to supply them with many valuable nutrients. As mentioned in Chapter 4 of DGA at least half of American fruit intake comes from juice that contains an extra amount of added sugar and syrups. As for vegetables most Americans probably won't go out of their way to eat them unless it is a salad for lunch or green beans prepared with their dinner. However, replacing one snack a day with a fruit and vegetable will increase daily exposure to the nutrients that many Americans are missing. It is recommended that we eat in small snack size portions throughout the day, and if one of those snacks were a yellow banana pepper, a grape-fruit tomato, or a bag of celery sticks you could quickly and effectively impact your diet. It's a good way to give alternatives to children for quick and easy snacks instead of chips or other starchy foods. V8 juices and NAKED fruit juices are known for trying this quick, easy, and natural approach for people on the move to get more of the vitamins and nutrients needed to maintain a healthy lifestyle. Pollan also discusses that more fruits and vegetables can increase exposure to iron, vitamin D, C, and proteins without eating meat or poultry. Sugars attained from fruits and vegetables are more useful for the body, and less time can be spent on worrying about eating empty calories.