Identifying default foods, locations, and situations. ¹,²,³

A default food can be food that is typically served with a main food. ¹,²,³

Restaurant Examples:

• Fries that comes in a meal with your burger.
• Soda that comes with a meal.

Examples that may be seen at Home:

• Mashed potatoes served with steak.
• Dessert that gets served after dinner.

A default location can be a typical location for specific meals of the day. ¹,²,³

Examples:

• Fast Food at a restaurant
• Food eaten at home

A default in a situation can be anything outside of the normal day. ¹,²,³

Examples:

• A lunch meeting at work.
• A random lunch with a friend.

For Additional Help:

My Plate Website:
https://www.choosemyplate.gov/

Hangyakubunshi Training

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References

1. Kraak VI, 2018
2. Kraak V, Englund T, Misyak S, Serrano E, 2017
4. McDonalds, 2018
5. KFC, 2018
**Questionnaire Part 1: Current food defaults**

**Step 1:** Which of these default food items do you eat at least three times per week? (Circle all that apply)

- What do you currently eat? 4, 5

<table>
<thead>
<tr>
<th>Fries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mashed Potatoes</td>
</tr>
<tr>
<td>Soda/Pop</td>
</tr>
<tr>
<td>Biscuits</td>
</tr>
</tbody>
</table>

**Questionnaire Part 2: Healthier food options**

**Step 2:** Draw a line from the healthier option to the current default that you feel would best switch it out.

- What would you want to eat? 4, 5

<table>
<thead>
<tr>
<th>Green beans</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
</tr>
<tr>
<td>Apple slices</td>
</tr>
<tr>
<td>Side salad</td>
</tr>
</tbody>
</table>

**Tips to switch out the old defaults**

**Default locations: Home**

Use tools like the Internet to discover new recipes, ideas, tips, and new foods.

Explore new dessert options such as fruit or cut the portion size in half.

**Default situations: Snack time w/kids**

Add stickers to pre-portioned healthy snacks to make them more appealing.

Offer things other than food as rewards for making healthy choices.

**Default locations: Work**

Keep a cooler in your car and an ice pack ready.

Try swapping the drive through for the grocery store.

**Default situations: lunch with a friend**

Use the questionnaire above to help decide on the best side dish.

Split a meal whenever possible or take home the rest for lunch the next day.

**Putting it all together for a lifestyle change.**

- Use the Questionnaire as an example of how to switch out foods as you meal plan.
- Make a list of sides you would normally buy.
- Make a list of the healthier sides that you would eat.
- Draw a line from the healthy option to the default food you want to change.
- Write your shopping list from these items.
- Only buy what you write down.

**Making the new default permanent.**

**Stay positive.** This takes time, but if you stay with it the changes will come.

**Make use of tools.** Stickers, pre-portioned foods, non-food rewards are all great tools.

**You are in charge.** Put a time limit on the availability of any reward offered.

**Practice.** No one gets this right off the bat. Learn and grow with your support system.

**IF YOU WANT ADDITIONAL HELP - SEE THE BACK PANEL.**