



Sides from *Krispy Krunchy Chicken*.
https://www.krispykrunchy.com/resources/img/menu/gallery/img_menus_sides.png.

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

反逆分子



Obesity Prevention Strategies. https://cdn1.sph.harvard.edu/wp-content/uploads/sites/56/2012/10/preventing_obesity-300x158.jpg.

References

1. Kraak VI, 2018
2. Kraak V, Englund T, Misyak S, Serrano E, 2017
3. Cravener TL, Schlechter H, Loeb KL, et al, 2015
4. McDonalds, 2018
5. KFC, 2018



Junk food vs healthy food. http://thecleanlean.com/wp-content/uploads/2017/05/Dollarphotoclub_83525340.jpg.

**EASY
DEFAULT FOOD
SWITCHES: ^{1,2,3}**

**FOR ADULTS
TRYING TO REDUCE
THEIR OBESITY**

AN INTERACTIVE EXPERIENCE

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Questionnaire Part 1: Current food defaults^{1,2,3}

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}

Fries

Mashed Potatoes

Soda/Pop

Biscuits

Questionnaire Part 2: Healthier food options^{1,2,3}

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}

Green beans

Water

Apple slices

Side salad

Great! Now its time to apply what you learned by taking the quiz to your every day lifestyle.^{1,2,3}

To do this we need to create easy ideas that will help you switch out your current defaults to healthier ones.^{1,2,3}

Tips to switch out the old defaults^{1,2,3}

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.^{1,2,3}

- 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.



Soups and side dishes. [365 Days of Easy Recipes. . http://365daysofeasyrecipes.com/wp-content/uploads/2017/03/facebook-In-Stream-Square_greek-pasta-salad-media.jpg](http://365daysofeasyrecipes.com/wp-content/uploads/2017/03/facebook-In-Stream-Square_greek-pasta-salad-media.jpg)

Making the new default permanent.^{1,2,3}

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.](#)