



What are healthy defaults?

Children are often offered meals that include French fries and soda. The “default” foods are primarily unhealthy. When default options are made healthy the *easy* choice is the healthy choice, meaning children must actively work to engage in less desirable behaviors. ¹

How to incorporate healthy defaults into you child's life ¹

- Begin each meal with a glass of water
- Use smaller plates at meals
- Switch soda with water or juice

“Studies consistently show that the default exerts a powerful influence on choice, and the default option is more likely to be chosen.” ¹

Healthy defaults aren't just foods, try incorporating it other parts of your child's life! ¹

- If you live close to your child's school, try walking to school most day of the week.
- Make sure your child gets a good nights sleep.
- Encourage physical activity, children should receive 50-60 minutes of exercise daily.



Try these kid friendly alternatives! ³

Instead of Try....

French Fries -> “Baked fries”

Ice cream -> Yogurt or fruit smoothies

Fried chicken -> Baked or grilled chicken

Donuts/pastries -> English Muffins

Chocolate chip cookies -> Graham crackers

Potato chips -> Baked veggie chips