Who Are You?

Your life is based on freedom to choose. Maintain your choices and design your food defaults before someone does it for you.

Choose Healthy or very healthy!

Promises:
*Wisdom Knowledge*
*Strength*

References
1. Buettner, 2012
2. Downs, 2009
3. Schwartz, 2017
4. Friis, 2017
5. Freston, 2018
6. Volpp, 2015
7. Doctrine & Covenants

Move every morning

Design your default routine

• Move every morning
• Prepare your snacks for the go
• Don’t leave home without water
• Maintain your healthy defaults away from home.
• Share your defaults with your family and friends
• Eat meals together
• Sleep 7-8 hours each night
• Practice your faith
• Lengthen your longevity
Defaults are pre-set choices

Food defaults are food choices made for us.

Examples of food defaults

• Vending machines
• Fast Foods
• Box lunches
• Restaurant menus
• Catered meals

Food defaults are fast, convenient, and easy.

Food Defaults take away your choice!

“Design your food defaults before they design you”

Tap into Your Choices

Family, friends, job, food, physical activity, religion, & hobbies
Choose the better option

Toaster strudel vs whole grain bread with nut butter and bananas

Fast food cheese burger or veggie sandwich on whole grain bread with mushrooms, cucumbers, tomatoes, avocado, & peppers

Chips and crackers or hummus with carrots and snap peas

Use wisdom choosing your defaults

Default are pre-set choices

Use wisdom choosing your defaults

The Dos

Eat plants and herbs in their season
Eat meat sparingly only in times of famine
Grains and fruits are good food for man
Be thankful

The Don’ts

Strong drinks are not for the belly but for the washing of body
Tobacco is not for the body but is an herb for cattle

Fill half your plate with fruits and veggies

Plan your proteins:
nuts, seeds, beans, legumes, whole grains

Try plant based milk from almonds, soy or rice.

Stock your pantry with ready to eat snacks low in added sugar, salt and saturated fat

Eat a rainbow of colors

Berry Green Smoothie

Creamy milkshake or homemade smoothie of banana, frozen berries, beets, cucumber, spinach/kale, flaxseed, & almond milk.