



*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

## 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



# THE WORD OF WISDOM

*DESIGNING  
YOUR FOOD  
DEFAULTS*



## *Word of Wisdom*

### 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

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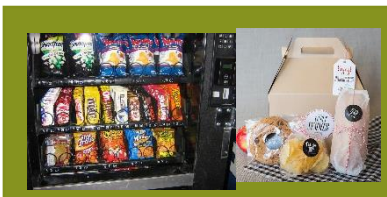
### The Dont's

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

## Use wisdom choosing your defaults

### 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!***

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*“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*



*Berry Green Smoothie*

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

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*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*

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