HEALTHY DEFAULTS: How to make the HEALTHY choice, the EASY choice

By using a healthy default strategy, you can take the guess work out of healthy decision-making.

There are many factors in our life that influence us to blindly make food-related choices.

Plan ahead to increase your opportunities to engage in positive health behaviors.

Make your go-to, or default options the ones that will promote health, by creating an environment that lends itself toward healthy decisions.

Set yourself up for success by using the tips discussed here to be your healthiest self during your pregnancy.

MOVING FORWARD →

Setting goals can help us stick with our plans. What are 3 strategies you want to try this week to set up healthy defaults for yourself?

✓
✓
✓

References:


SIMPLE STRATEGIES FOR A HEALTHY PREGNANCY
Healthy Eating at Home

Having healthy foods at home helps us to choose the best options to meet increased needs for energy, protein, fiber, iron, calcium & vitamins during pregnancy:¹,³

- Wash and cut fresh fruit and vegetables ahead of time so that can easily be eaten as snacks
- Keep whole grain cereal and yogurt in stock so you have quick breakfast choices to start your day with protein, calcium & iron
- Use whole grains, like whole wheat brain & whole wheat pasta. Ask whoever gets groceries to buy these options for an extra dose of fiber & B-vitamins
- Your idea:

Healthy Eating Away From Home

We do a large majority of our eating away from home.² Plan ahead to make sure nutritious choices are available in different environments:

- Keep healthy snacks on hand so you can meet your increased energy needs throughout your day and are less likely to make unhealthy choices when you get hungry. Some examples are dry cereal, bananas, apples, whole grain crackers, nuts or trail mix
- Carry a water bottle so you drink mostly water throughout the day and remember to stay hydrated. Try to get 10 cups!
- When eating fast food or take-out, try to choose nutrient-dense side dishes, like fruit or salad.
- Taste plays a big role in what we choose to eat.² Bring your own food to add to school lunch if you don’t like their options. Raw veggies, cheese sticks, & peanut butter crackers are all good choices.
- Your idea:

Fitting in Physical Activity

Looking at the week ahead to see when you have time to be active can help meet the recommendations for 150 minutes/week of activity:³

- Find a friend or family member who will commit to going for a walk with you at least 2 days a week after school. Getting others involved makes it more fun & more likely we’ll stick with it.⁴
- Plan one activity on the weekend that involves being active, like swimming, doing an online yoga routine, or lifting light weights
- Whenever you drive or are driven somewhere, try to park far away so you get some extra steps in
- Your idea: