

## HEALTHY DEFAULTS:

How to make the  
**HEALTHY** choice, the  
**EASY** choice



Source: Utah.gov

- ▶ 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**<sup>1, 2</sup>
- ▶ **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.<sup>4</sup> What are 3 strategies you want to try this week to set up healthy defaults for yourself?



## References:

1. Cohen DA. Obesity and the built environment: changes in the environmental cues cause energy imbalance. *Int J Obes.* 2008; 32: S137-S142. doi:10.1038/ijo.2008.250
2. Contento IR, Williams SS, Michela JL, Franklin AB. Understanding the food choice process of adolescents in the context of family and friends. *J Adol Health.* 2006; 38(5): 575-582.
3. Nnakwe N. Community Nutrition: Planning Health Promotion and Disease Prevention. 3<sup>rd</sup> ed. Burlington, MA: Jones & Bartlett Learning; 2018: 231-280.
4. Montgomery KS. Improving nutrition in pregnant adolescents: recommendations for clinical practitioners. *J Perinat Educ.* 2003;12(2):22-30. doi: [10.1624/105812403X106801](https://doi.org/10.1624/105812403X106801)



Source: Parents Magazine

**SIMPLE  
STRATEGIES  
FOR A  
HEALTHY  
PREGNANCY**

## Healthy Eating Away From Home

We do a large majority of our eating away from home.<sup>2</sup> 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.<sup>2</sup> **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:



Source: hawkchill.com



Source: health.usnews.com

## 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:<sup>1,3</sup>

- ❑ 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 bread & whole wheat pasta. Ask whoever gets groceries to buy these options for an extra dose of **fiber & B-vitamins**
- ❑ Your idea:



Source: Parents Magazine

## 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**:<sup>3</sup>

- ❑ **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. <sup>4</sup>
- ❑ **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: