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### What influences our Healthy Defaults?

- Role models <sup>2</sup>
  - family
  - friends
- Environment <sup>2</sup>
  - school
  - activities
- Resources <sup>2</sup>
  - social media
  - food availability

### As you prepare for your teenage years you are...

- Exploring the world and communities <sup>3</sup>
- Developing your own unique identity <sup>3</sup>
- Becoming independent <sup>3</sup>
- Making your own decisions <sup>3</sup>

### RESOURCES:

- <https://www.nutrition.gov/topics/nutrition-age/children/kids-corner>
- <https://brightfutures.aap.org/families/Pages/Resources-for-Children-and-Teens.aspx>
- <https://www.nutrition.gov/topics/nutrition-age/teens>

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3. Anderson JE. Your Tween: 10- to 13-Year-Olds. UCSF Benioff Children's Hospital Web site. [https://www.ucsfbenioffchildrens.org/education/your\\_tween\\_10-to-13-year-olds/](https://www.ucsfbenioffchildrens.org/education/your_tween_10-to-13-year-olds/). Updated 2019. Accessed Mar 14, 2021.
4. Encourage Healthy Eating Habits. Head Start Early Childhood Learning and Knowledge Center Web site. <https://eclkc.ohs.acf.hhs.gov/nutrition/article/encourage-healthy-eating-habits>. Updated 2018. Accessed Mar 14, 2021.

BY: ALYSON LUNARDELLI  
APN 625



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**YOUR HEALTH,  
YOUR CHOICE**  
Pre-Teens Guide for  
a Healthy Life

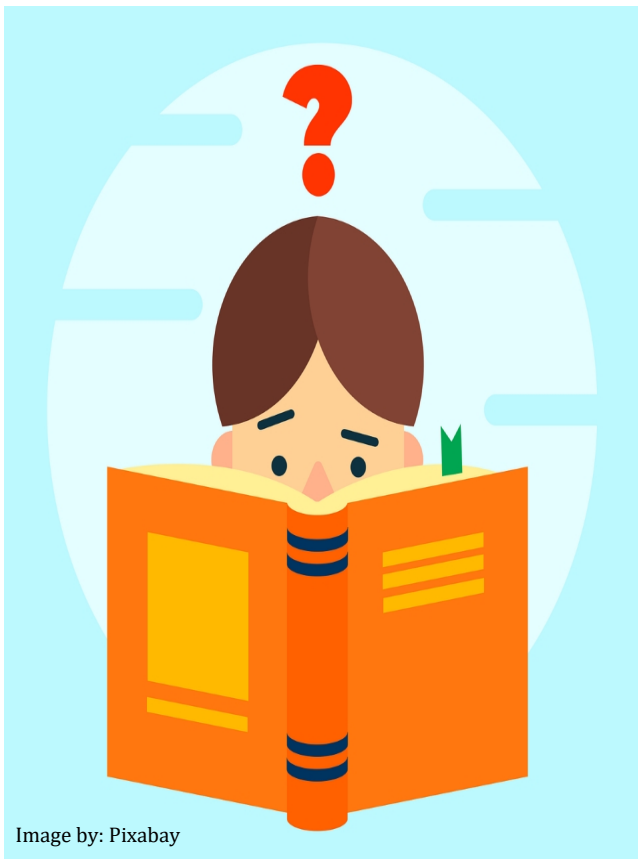


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## What are defaults?

→ Defaults are the choices you make mindlessly <sup>1</sup>

This means...

- The food you reach for first without thinking of alternatives.
- Defaults can be healthy or unhealthy

For example..

- Watching a movie? → Default snacks may be popcorn and candy
- How can we make them healthier? → You can try fruit or veggies and hummus

## YOU are in charge

Take responsibility for the foods you eat

Be involved in food planning and



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*"How can you do that?"*

- Go to the grocery store with your parent/guardian <sup>4</sup>
- Plan meals with your family <sup>4</sup>
- Search for new recipes or get creative
- Cook meals with your family <sup>4</sup>
- Eat breakfast <sup>4</sup>
- Try new fruits and vegetables
- Do not restrict yourself <sup>3</sup>
- Start with smaller portions and get seconds if you are still hungry <sup>4</sup>
- Try natural sugars in fruit for a sweet craving

**Listen to your body's hunger cues**

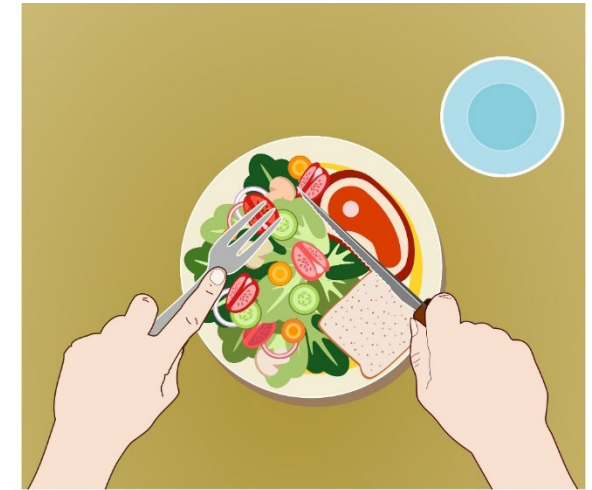


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## Tips for success:

**How can you make healthy defaults easy?**

- Wash and cut fruits and vegetables after purchasing
- Place healthier snack options at eye level
- Place higher calorie options in harder to reach places
- Prepare meals ahead of time
  - Pack school lunches the night before
- Keep healthy snacks with you at all times
  - In purses, backpacks, car
- Eat as a family whenever possible
- Educate yourself
  - Use resources like the food pyramid, books, asking adults questions etc.

**Small changes count!**