



Healthy Defaults Explained

The concept of healthy defaults is to create a system in which healthy choices become the first option considered. Healthy defaults maintain an individual's freedom of choice but steer decisions toward desired behaviors.¹

Why are Healthy Defaults Important?

In the current society we live in technological advances have made our lives much easier, unfortunately these advances have come at the cost of our physical, mental, and emotional well being.

In the United States, 6 in 10 adults have a chronic disease²



COMMENTS OR QUESTIONS?

Please feel free to reach out to us at the contact information below

Dennis Fountain

Phone: (855) 751-4447

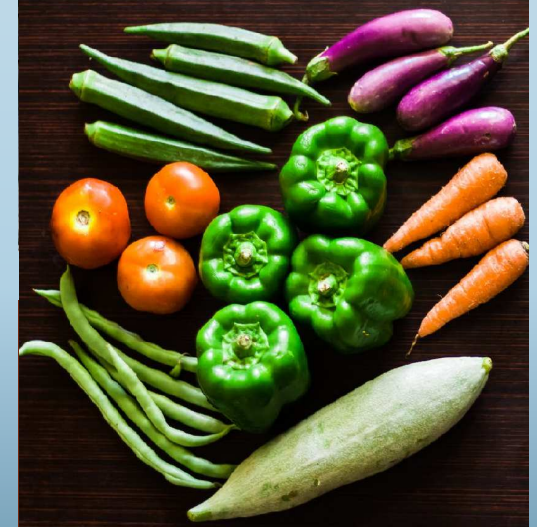
Email: dfountain@une.edu

Web: www.online.une.edu/applied-nutrition



References

1. Nestle M. 2016
2. www.cdc.gov/chronicdisease. 2020
3. Loewenstein G, Brennan T, Volpp K. 2008
4. Peters K, Beck J, Lande J et al. 2016
5. van Kleef E, Seijdell K, Vingerhoeds MH et al. 2018
6. Cohen DA. 2008



HEALTHIER LIFE ON ACCIDENT

Make the difficult easy again with these tips & tricks to a healthier life



Establishing a Daily Routine

Humans are creatures of habit and tend to adopt the status quo when making choices.³

- If healthy options are available as the default choice, people will not opt for unhealthy options.⁴
- Establishing healthy defaults in food choices and behavior patterns promotes overall health by improving diet quality, sleep quality, and reducing stress.^{4,5}
- Having a daily routine will help you overcome variables that lead to poor decision making such as fatigue, hunger, stress, and anxiety.⁶

Become efficient with your daily routine



- Set an alarm to consistently wake up at the same time everyday.
- Upon waking up, make your bed so it is ready to sleep in later. This will reduce nighttime stress.

Plan and prepare your meals ahead of time.

This will prevent poor food choices.

Promote restful sleep with these tips



- Plan out your wardrobe ahead for the next day and have it ready for the morning.
- Turn off all electronic devices at least 1 hour prior to sleeping
- Try to eliminate sources of light from your sleeping area
- Keep a journal or notepad on your nightstand, write down your thoughts or things you need to do the next day. This will eliminate worries and restless sleep over tomorrows activities.

Plan ahead not to worry later



- Plan and pack your lunch meals and snacks ahead of time. Bring them with you to work, school, and while running errands
- Having food available will reduce instances of unhealthy food choices



Save yourself time with meal prepping

How to Meal Prep:

1. Prepare food in large quantities, known as batch cooking. Scale recipes appropriately.
2. Portion prepared food into separate single-serving meal containers. Make sure to use appropriate serving sizes for portioning.
3. Label prepared meals appropriately, with date and time prepared. Store prepared meals in your fridge or freezer for later consumption.
4. When ready to eat, simply warm food and enjoy!