

Action

Cues for Healthy Behaviors, part 1

Our behaviors are usually triggered by cues in our environment. Cues can be things that are said, done or seen that serve as a signal to behave in a certain way or to perform an action. For example, when an actor hears the word “action,” this is a cue for him or her to begin acting.

There are certain types of cues in our environment that can trigger both healthy and unhealthy behaviors – like eating more or less nutritious foods or exercising more or less often. Sometimes these cues are obvious, but oftentimes we are not aware of these cues.

CUE
Things in our environment – can be something that was said, done or seen.

BEHAVIOR
What we are prompted to do when the cues are present.

Below are cues for unhealthy behaviors that are frequently present. Select the ones that apply to you and choose from the list of options what you can do to remove those cues and add reminders to choose healthier alternatives.

CUES



Plate Size

Using a large plate can make a serving of food appear smaller than what it is. This may trigger you to eat more or to get seconds.

HEALTHY ALTERNATIVES



Use a smaller plate. This can make the same amount of food seem larger and trigger you to eat less.

Eating Out

Oftentimes we feel like we need to get our “money’s worth” when we eat out. Trying to get the best deal may trigger us to over eat. For example, if you are offered to ‘super-size’ your meal for just a quarter you might feel like you will lose out if you don’t do it, but you end up eating more than you should.

- Order and share two appetizers instead of ordering an appetizer AND an entrée.
- Take home left overs for a second meal, or ask the waitress if you can split a plate with someone.
- Order two sides of veggies with your meal, instead of starch foods – like fries.

Serving Size

Foods that come in individual Packages, like a small bag of chips, seem like they are meant to be eaten all at once. Seeing a small package triggers us to eat the whole thing. Oftentimes, a healthy serving size is less than one package.

Nutrition Facts	
Serving Size 1 oz (28g) Serving Per Container 2	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Values*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 580mg	24%
Total Carbohydrate 1g	nc

Read the food label. Here you will see the recommended serving size and the number of servings per container.

For More Information visit: www.HealthyMeFlorida.com

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Cues for Healthy Behaviors, part 2

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CUES

Special Occasions

Generally, the more people present, the more food we will eat. When other people are around, we may be triggered to eat a lot (like when my grandma is around).

HEALTHY ALTERNATIVES



- Eat a healthy snack before the gathering this way you will feel fuller when you get there and will be less likely to over eat.
- If offered seconds politely say how good the food was, but explain that you are full or ask for a to-go plate.

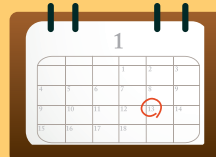
Food Visibility

Foods that are visible and easy to reach are eaten more often and in larger portions. For example, if you have a candy bowl in the living you will be triggered to eat more candy than if you were to keep the bowl in a kitchen cabinet.

- Keep a bowl of fruit out where you can see it.
- Ask your family to place healthier items, like water and yogurt, in the front of the fridge, and healthier items towards the back.
- Remove food from all rooms in your house, besides the kitchen.

Exercise Visibility

“Out of sight, out of mind.” If there is nothing in your environment that reminds you to exercise, you probably won’t think of it. For example, if your living room has a comfy couch and a TV, but nothing that reminds you to exercise, this may trigger you to sit and watch your favorite show.



- Hang an exercise calendar in a visible place in your living room or bedroom.
- If you own exercise equipment like a treadmill, bike, or small weights; keep them in a place where you are more likely to use them.



We are all influenced by our environment; however, that does not mean that your environment will always determine what your behavior will be. Take a look at your environment and make sure that you replace unhealthy triggers with reminders for healthier alternatives.

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