

Nudge Your Way To a Healthier You

Move over willpower! There is an easier and more effective way to support healthy eating. Each day, we make decisions about what to eat and drink. With **choice architecture**, we can **nudge** ourselves to be healthier.

Choice architecture is a theory that people act in response to their surroundings.

By changing your environment, you make it easier to make healthy choices.

- Without noticing it, the **proximity** and **visibility** of foods influence what, when, and how often we eat.
- Simply by rearranging food at home, you can nudge yourself to eat better.
- **Bottom line:** Surround yourself with healthy foods you ENJOY.

Healthy Eating Nudges for Your Home

