



# Nudge Your Way To a Healthier You



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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

