

EAT SUSTAINABLY

Eat to a level 3 on the Feast/Famine scale

You feel satisfied—no longer hungry, but not full. You won't need to eat again for about 3 hours.

80/20

*Balance your "need" foods with your "want" foods. Choose foods you **know** are high-nutrient and healthy for you 80% of the time. Then enjoy the other 20% with what just tastes good.*

Eat about every 3-4 hours

Alternate between moderate-sized meals and small snacks to keep your blood glucose within the ideal range. It prevents you from getting too hungry, having low energy or triggering the stress response.

Eat low glycemic

Foods containing fat, fiber and/or protein slow the release of glucose into the blood stream, make you feel fuller for longer and are a more consistent source of energy for your body and brain.

Use Optimal Defaults

Willpower is easily exhausted. Use Optimal Defaults: small tweaks to your environment that nudge you into a desired behavior. They make change a no-brainer!