

# 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!*