

MAKING HEALTHY CHOICES: WEEK 1

What are healthy choices?

You hear the word “healthy” everywhere these days, promoting everything from food products to weight-loss programs. So what do we mean when we talk about making healthy choices?

Being healthy means not being sick or hurt. But when it comes to eating and drinking, making the healthier choice means choosing food and drinks from a range of food groups that are full of nutrients. Making healthy food choices also includes planning ahead, cooking, budgeting and food safety.

Each week, we will supply you with ready-to-use information to help you and your family have more energy to do the things you love and reduce the risk of chronic disease.

Each newsletter will focus on a different part of making healthy choices such as learning about each food group, choosing nutritious ingredients, making the most of food products and shopping for groceries. Every newsletter will also include a simple, low-cost recipe and a “Did you know?” healthy tip.

Kids are like sponges

Whether you like it or not, kids, like sponges, will soak up many of your habits, even the bad ones. Since they look up to you, it is extra important for you to be a good role model. If you want your kids to eat their veggies, you have to eat them too. If you want your kids to try new foods, you need to try them too. Teaching your kids about healthy food choices is important. Helping them actually make those choices for themselves begins with you. Trying new things together can be a learning experience for both of you. It's okay not to like everything you try.



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Did you know?

It can take up to 15 tastes of a new food to start liking it. This is true for both children and adults. This is why it is important to try something many times. If you haven't tried something in a while that you think you don't like, maybe it's time to try again!



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WEEKLY RECIPE

Remember to wash your hands and prepare food safely.

Kid's Pizza (serves 1)

1. Use a toasted **100% whole-wheat English muffin (or slice of bread)** for your pizza base.
2. Add **2 tablespoons pizza sauce** to base.
3. Add a **sprinkle of cheese**.
4. Add **your favorite toppings** (like tomatoes, mushrooms and peppers).
5. Place on microwave-safe plate and microwave for 45 seconds or until cheese is melted. Be careful. It will be hot!
6. Let food rest for 3 minutes to allow the food to fully cook.
7. Enjoy!



Find the entire series online at: msue.msu.edu/healthychoices

MSU Extension programming has something to offer every member of your family

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

For more information or to join a class, contact your local MSU Extension county office or visit www.msue.msu.edu.

FIND YOUR LOCAL MSU EXTENSION COUNTY OFFICE

With a presence in every Michigan county, Extension faculty and staff members provide tools to live and work better. From a personal meeting to information online, MSU Extension educators work every day to provide the most current information when people need it to ensure success – in the workplace, at home and in the community.

To find your local county office visit msue.msu.edu/county.

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