

MAKING HEALTHY CHOICES FOR SENIORS: 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.

Every newsletter will supply you with ready-to-use information to help you 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.

Make meals social

As we age, we may need fewer calories, but our nutritional needs remain pretty much the same. This is one reason it is important to eat highly nutritious meals regularly, throughout every day. Seniors who dine with others report eating more nutritious meals more often. Eating with other people and having some social time during meals can be fun. Consider trying a meal in a social setting such as your local senior center or setting a standing lunch or dinner date with one or more of your friends.



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Supplemental Nutrition Assistance Program

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

WEEKLY RECIPE

Remember to wash your hands and prepare food safely.

Easy 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.

MSU Extension programming

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.

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.

For more information or to join a class, visit www.canr.msu.edu/outreach/. To find your local county office, visit www.canr.msu.edu/outreach/county.

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