

MAKING HEALTHY CHOICES: WEEK 24

Breaking barriers

Having the support of friends and family when trying to make healthy choices can make a big difference. But what can you do if your friends and family do not support your efforts?

Explain why

If your healthy choices are challenged by your friends and family, take the time to explain why planning your weekly meals or eating more fruits and vegetables is important to you. Talk to them about how making these choices helps you have more energy to do the things you love and reduces your risk of chronic disease.

Set boundaries

Setting boundaries is a good way to make sure that everyone has the same expectations. Let your friends and family know the areas where you are willing to compromise and those where you are not. For example, you could eat the same things as your friends or family whenever you eat out on the weekend but won't eat refined-grain products and processed meats yourself at home during the week. Remember, how and where you set boundaries is up to you, and there are many options.

Be a trailblazer

It is okay if you are the only one in your family or group of friends that is making an effort to eat more nutritious food, or drink more water and less soda. If you lead by example and blaze a trail, it can make it easier for your friends and family to follow your lead when and if they choose to.

Win them over

If your friends and family show interest in making healthy choices more often themselves, share some of the recipes, tips and approaches that have worked for you.



© istock.com/p_ponomareva

Did you know?

Tacos are a great meal to experiment with. Try adding diced fruit such as mango or pineapple to your tacos.



© istock.com/IslandLeigh

WEEKLY RECIPE



I Don't Know Tacos

1. Prepare your **choice of protein** (such as fish, beef, chicken or beans) using the **Taco Seasoning** recipe from Week 19.
2. Cook, bake or sauté your **choice of vegetables** (such as sweet potatoes and cauliflower).
3. Chop or grate any raw vegetables you want to include (such as arugula and red onion).
4. Grate your **choice of cheese** (if you want cheese!).
5. **Choose a tortilla type** (such as the **Fun Family Corn Tortillas** recipe from Week 16) or skip it and make it a taco salad instead.
6. Try setting out all the prepared ingredients on the table so that each person can create their own.

MICHIGAN STATE UNIVERSITY | Extension

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



© istock.com/AlexPro9500

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.

Acknowledgements

Developed by Erin E. Powell, MS, RDN; Tom Cummins; Elizabeth Dorman and Denise Aungst, MS; for MSU Extension. Based on a concept created by Denise Aungst and Layne Schlicher for MSU Extension. Produced by ANR Creative for MSU Extension.



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutrition foods for a better diet. To find out more, contact your local MSU Extension office.

MICHIGAN STATE
UNIVERSITY

Extension

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey W. Dwyer, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. 1P-WEB-1:2017-TC/PA/MR