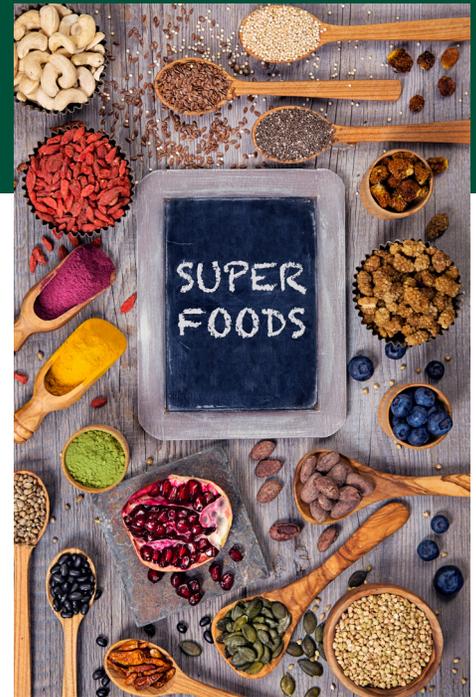


MAKING HEALTHY CHOICES: WEEK 28

Avoid trendy terms

Many of the terms used on food packaging have to do with selling the idea of a quick-fix answer. Manufacturers tap into popular culture to sell products. Claims and terms included on food packaging are not always a true reflection of how nutritious the food item is. Use what you have learned about the Nutrition Facts label and ingredients list to help avoid food items that are not nutritious.

For example, “superfoods” is a popular term and not a formal classification. However, a lot of the foods called superfoods are unprocessed and full of nutrients, which makes them great choices. While many superfoods are nutritious, they are not an essential part of a healthy diet. You can find the nutrients they contain in many other foods not considered superfoods.



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Did you know?

Kale is often called a superfood. High in fiber, iron and vitamin K, it is a great nondairy source of vitamin C.

Regulated terms

Some terms and health claims on food packaging such as “low fat,” “low sodium” and “heart healthy” are regulated. This means that the food has to meet a certain standard set by the government in order to have the term appear on the food’s label. Some regulated terms can be abused. Keep in mind that even regulated terms are often used to sell products. For example, “organic” is a regulated term about how a food is grown. Just because something is organic does not mean that it is nutritious. Organic candy is still candy.

WEEKLY RECIPE

Remember to wash your hands and prepare food safely.

Brussels Sprout Hash and Eggs (serves 2)

1. Chop off the ends of **4 cups of Brussels sprouts**. Slice them in half, then finely shred each half. Place the shreds in a bowl, and sprinkle with **salt and pepper**.
2. In a non-stick pan, melt **1 tablespoon butter** on medium-high heat. Swirl it around to coat the pan. Add the Brussels sprout shreds and **3 cloves of finely chopped garlic**, and let cook for about 1 minute.
3. Mix it up and toss it around. Add **6 finely chopped olives**, and mix again.
4. Crack **2 eggs** into separate areas of the pan. Sprinkle them with **salt and pepper**. Pour in **2 tablespoons of water** and cover with a lid. Let the eggs steam, undisturbed, for 2 minutes. Once the whites of the eggs are cooked through, turn off the heat and sprinkle everything with a **squeeze of lemon juice**.



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Recipe from Brown, L. (2014.) *Good and cheap: Eat well on \$4/day*. NY: Workman.

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

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