

MAKING HEALTHY CHOICES: WEEK 29

Keep in mind

Habits aren't made overnight. Making choices that will help you have more energy to do the things you love and reduce your risk of chronic disease will always be important. This newsletter revisits some of the key information from earlier weeks in the series. Hang it on your fridge as a quick guide for you and your family.

- ✓ Remember to eat a variety of foods within each food group. Different foods contain different nutrients.
- ✓ Include more **vegetables** in your meals by trying a variety and preparing them in different ways. Natural sugars in fruit are paired with vitamins, minerals and fiber, which help the body process sugar. If you're trying to eat less sugar, avoid foods with added sugar such as cake and candy.
- ✓ Whole **grains** can be cooked, cracked, crushed and rolled without losing their nutritional value. Refined

Do you remember?

Lean cuts of beef include round steaks, top loin, top sirloin, chuck shoulder and arm roast. Pork loin, tenderloin, center loin and ham are some of the leaner cuts of pork. When in doubt, check the food label or ask your butcher.



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- grains such as white flour and white rice lack many of the nutrients, such as iron and fiber that whole grains have.
- ✓ Many plant-based foods as well as meat, fish and poultry can provide your body with **protein** and a range of other nutrients. Processed meats such as hot dogs, and deli meats such as salami and bologna, have been linked to an increased risk for cancer. They also often contain high amounts of saturated fat and sodium.
- ✓ Many foods made from **dairy** can be a great source of calcium and other nutrients for you and your family. Other sources of calcium include canned fish with bones, such as salmon or sardines, calcium-fortified orange juice, almonds, white beans and navy beans.
- ✓ Fat is an essential part of every cell in your body. A source of energy, fat aids in the absorption of certain vitamins and minerals. There are many types of food that are high in fat but also full of nutrients. Examples include avocados, nuts, seeds, and fatty fish such as salmon or mackerel.

WEEKLY RECIPE

Remember to wash your hands and prepare food safely.

Charred Summer Salad (serves 2)

1. Chop the ends from **2 medium zucchini**; then slice each into 4 long sticks. Shuck (remove outer covering of) **2 cobs of corn**. Lay the zucchini and corn on a baking tray; then rub them with **1 tablespoon olive or vegetable oil**, making sure they're well coated. Sprinkle with salt and pepper.
2. Broil (or barbecue) for 2 to 5 minutes, depending on how powerful your broiler is. Turn the corn over to make sure it cooks evenly. The zucchini should start to blacken in some spots. This is good! Broil for another 2 to 5 minutes, until the vegetables are lightly charred.
3. While the vegetables cook, mix **juice from 1 lime, 1 tablespoon olive oil, ½ teaspoon chili powder, and salt and pepper** to taste in a large bowl. Taste it and adjust to your preferences.
4. Chop the zucchini into bite-sized pieces and slice the corn kernels from the cob. Transfer the vegetables into the bowl with the dressing. If desired, add **2 ounces of feta cheese** and mix.
5. Sprinkle **1 cup of cooked popcorn** over top, then dust with a little extra **chili powder, salt and pepper**.

Recipe adapted 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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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.

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