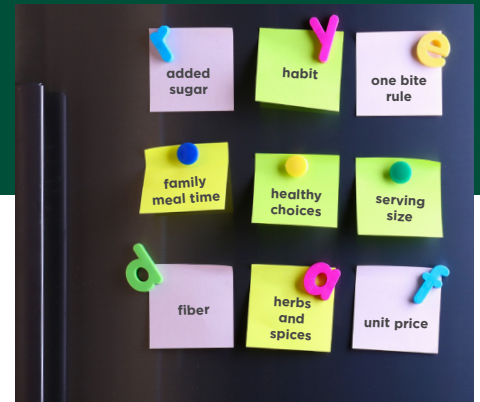


MAKING HEALTHY CHOICES: WEEK 30

Words to remember

A big part of making healthy choices is understanding your options. This newsletter recaps some of the key terms from earlier weeks in the series. Hang it on your fridge as a quick guide for you and your family.



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added sugar

Added sugar lacks the vitamins, minerals and fiber that help the body process sugar.

experiment

If you're willing to continually try new approaches to helping you and your family make healthy choices, you'll eventually find things that work.

family meal time

Eating together helps improve and maintain relationships, and provides parents with an opportunity to be role models for nutritious eating habits.

fiber

Fiber helps to slow down the absorption of sugar and reduces a blood sugar spike that can cause energy crashes. Fiber is present in whole fruit but lost when the fruit is made into juice.

goal-setting

Setting goals is an important part of being able to make healthy choices regularly. The type of goals that you set can also help increase the likelihood of success.

habit

Long-term change does not happen overnight. The most effective steps toward creating a habit are small ones. Try locking down one small action or thought (depending on your goal) and repeating it.

healthy choices

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.

herbs and spices

The wide variety of herbs and spices available to us are great for adding extra flavor to food without relying on salt, sugar, and store-bought marinades and condiments.

hydrogenation

Most of the "trans fats" found in food occur when oils are turned into solids in an artificial process called "hydrogenation." Trans fats have been found to create inflammation in the body, which has been linked to chronic diseases such as heart disease.

one bite rule

Make it a rule that your kids have to take at least one bite of any new food you're introducing. You have to expose kids to a new food slowly, over time.

serving size

The "Serving Size" is a specific amount of a food product. Serving Size has nothing to do with the amount of food recommended for you to eat. The Serving Size can be different for the same type of foods because it is determined by the manufacturer.

unit price

When deciding between two products, use the "unit price" to help you choose the option that is the best value for you. The unit price is located on the shelf price tag. It shows you how much the product costs per unit of measurement such as ounces.

Do you remember?

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

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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