

MAKING HEALTHY CHOICES FOR SENIORS: WEEK 4

Enjoy fruit

Eating fruit can be one of the easier healthy choices to make since most fruit is naturally sweet and also packed with nutrients. It is important to know what the recommended amount of fruit is for you, even if regularly eating fruit isn't a challenge!

There are many different types of fruit to enjoy including bananas, apples, oranges, kiwis, melons, berries, mangos, grapes, peaches, pineapples and more. Eating a variety of different fruits will keep your taste buds interested and also provide you with a variety of nutrients.



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Get your fiber

The fruit food group includes fresh, frozen, dried and canned options, and 100% fruit juice. When shopping for juice, remember to check the nutrition label to make sure it says "100% fruit juice."

Juice should be limited to 1 cup (8 ounces) a day because it's missing 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. Fruit juice is often so sweet that you can stretch your dollar and lessen the sugar by watering it down.

Dried fruit, such as raisins or dried cranberries, should be eaten in smaller portions than fresh fruit. Half a cup of dried fruit is equal to 1 cup of fruit. Dried fruit can contain added sugar. Because all dried fruit is easier to eat in larger amounts than fresh fruit, be careful how much you eat!

Daily fruit recommendations for older adults

Men	2 cups
Women	1.5 cups

Did you know?

Water helps to move food and fiber through your digestive tract. Too little water can lead to dehydration and constipation. Be sure to drink water during and between meals. Carrying tiny bottles of water with you can help remind you to drink water while you are out of the house.



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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.

Apple and Peanut Butter

1. Wash **one apple** and slice into bite-sized pieces.
2. Spread **2 tablespoons of peanut butter** on the apple slices.
3. If you prefer a soft texture, preheat the oven to 350 °F and bake apple slices until soft.



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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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