

Eating Healthy During the Summer Season

Summer is upon us! For many people, summer means fun in the sun. The kids are out of school, vacation is the word of the week and it's time for outdoor activities like riding bikes, hosting barbecues and much more. Fuel these activities during the summer months by eating the right foods. The abundance of fresh fruits and vegetables, combined with the chance to grill foods, offers many health options.

Try some of these tips to eat healthy this summer.

- **Get outside and grill.** Be meat savvy. Choose lean cuts of beef and pork, including round, sirloin and loin cuts. Grilled chicken breasts, fish fillets, and lamb kabobs also make great alternatives to high-sodium hot dogs and hamburgers. Tenderize the meat to increase flavor and texture without adding fat. Marinate in salsa, low-calorie salad dressing, wine or citrus juices.
- **Aim for variety.** Kick up the health factor of grilling with vegetables and fruits. Cooking vegetables on the grill adds flavor. Make kabobs with fruit and grill on low heat until the fruit is hot and slightly golden.
- **Lighten up salads.** When making potato salads and coleslaw, substitute low fat or fat free mayonnaise, yogurt or sour cream for the full fat versions. If you add eggs to your potato salads, lose some or even all of the yolks. The same goes for coleslaw dressing: use low fat or fat free mayonnaise as the base. Or even try a vinegar based slaw. For rice, bean, corn or tomato salads, reverse the oil to vinegar ratio. It's usually three parts oil to one part vinegar.
- **Keep it simple.** Focus on easy snacks that don't take much prep work. Keep fresh berries in the refrigerator to add to salads and yogurt. Fruit smoothies are easy, cool and nutritious. Just toss some fresh fruit, yogurt and milk in your blender. Cut up raw vegetables to serve with low-fat dips, yogurt or cottage cheese.
- **Have a light delight.** If you are craving something sweet after dinner, have a fruit based dessert. Serve blueberries and strawberries with angel food cake and low fat or fat free whipped topping. Offer sorbets instead of ice cream or homemade fruit juice popsicles.
- **Don't forget to stay hydrated.** Summer heat can cause dehydration. Water is the best option when temperatures soar, but you can add slices of lemons or oranges for natural flavor.