

The Wellness News

Issue 57. June, 2012



Healthy Eating Strategies for Summer!

Summer is the season of fresh produce galore, so take advantage of all it has to offer! Stocking your plate full of fruits and vegetables will help keep you healthy and satisfied even at calorie-heavy events, such as summer barbeques and picnics. Read below for more tips on eating healthy through the summer.

What's in Season?

There are a variety of fresh fruits and vegetables that are likely to appear in your local markets during this time of year. Eating locally provides you with fresh ingredients and helps support local farms in your area. Eating a variety of seasonal fruits and vegetables provides you with good sources of vitamins, minerals, and fiber. Here are a few good examples:

- Raspberries
- Blueberries
- Peaches
- Pineapple
- Eggplant
- Squash
- Tomatoes
- Peppers
- Cucumber

Your Guide to a Fresh and Healthy Summer

Making smart choices about not only what you eat, but how you prepare your food is an essential part of maintaining a healthy diet. Try steaming your vegetables to keep them fresh and nutritious. Steaming requires no other ingredients but the veggies themselves. This is a simple way to keep your produce as fresh and tasty as can be.

Sautéing is another great way to retain the most nutrients in your vegetables. Cut your vegetables into small pieces and sprinkle them with a little oil for a quick and healthy meal. Some of the best oils for cooking include coconut oil, olive oil, and safflower oil.

Not sure where to find fresh and local produce? Click on the link below to find the farmers markets near you!

<http://search.ams.usda.gov/farmersmarkets/>

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Healthy Cooking Methods

Consider these cooking techniques to reduce fat in your everyday foods, without sacrificing flavor:

- Pan grilling: Little additional oil is needed to prevent food from sticking to the grooves of the skillet. Excess fat will drain away on this type of pan.
- Baking: A simple and healthy alternative that doesn't require oil to cook.
- Broiling: Helps brown the outside of food while keeping flavor in. Also, marinating your food prior can prevent sticking.
- Sealing: Use parchment or foil parcels when steaming or cooking your food in the oven. This is a great way to pack in flavor.

Your Summer Barbeque Survival Guide

Do you have a hard time giving up picnic and barbeque favorites? Try these healthier substitutes:

- Substitute low-fat Greek or plain yogurt for mayonnaise in potato salad.
- Go for a 100% whole wheat bun instead of plain white ones.
- Choose fresh fruit, such as watermelon or sliced peaches, as a side dish instead of chips or fries.
- On the grill, opt for fish and vegetables. Eggplant, asparagus, zucchini, yellow squash, corn on the cob or, vegetable kabobs are all great choices.
- For a tasty dessert, try frozen yogurt topped with fresh berries. You can also try blending strawberries and bananas and placing them into popsicle makers for a treat even kids will love!

Focusing on the joys of summer and spending time with friends and family can help keep you active and take the focus off of food. Enjoy the sunshine!



Call Your Health Coach for More Information 1-888-493-5522

Sources: http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/fruits_vegetables/spotlight.htm

Healthy Lunch Matrix

<p>How healthy is your lunch? Follow these guidelines and your lunch will not only be healthy, but tasty too!</p> <p>Place checkmarks in the boxes that apply to your lunch:</p>		<p>Lean Proteins:</p> <p>* Choose one or more of these items. One quarter of your plate should include lean proteins.</p>				<p>Fruits and Vegetables:</p> <p>* Choose two or more items from this group. Try to make half your plate fruits and vegetables.</p>	
		<p>Meat: Deli sliced turkey, lean ham, lean roast beef, cooked ground turkey</p>	<p>Avocado, light mayo, string cheese, 2% fat sliced cheese</p>	<p>All-natural peanut butter, 10 almonds, cooked beans, hummus</p>	<p>Low fat Greek yogurt, low-fat cottage cheese, low-fat ricotta</p>	<p>Tuna in water, salmon, shrimp</p>	<p>Any veggies (i.e. baby carrots, salad greens, celery), salsa, tomato sauce, lettuce, spinach</p>
<p>Healthy Carbohydrates</p> <p>* Choose one or more of these items. One quarter of your plate should include healthy carbohydrates like whole grains.</p>	Whole grain bread						
	Whole grain pasta						
	Medium baked or sweet potato						
	Corn tortilla (2)						
	Whole grain burrito tortilla						
	Whole grain English muffin						