



Healthy Habits

Tips and resources for living well



This Month: Summertime Nutrition

Eating healthy is easy! During the summer months, fresh produce grows in abundance. This benefits you because eating a well-balanced diet rich in fruits and veggies can help you stay healthy. In this edition of Healthy Habits, you will learn about how you can use June's bounty of healthy food to improve your diet, maintain your energy levels, and branch out to try new fresh, seasonal fruits and vegetables.

Eat healthier this summer

Make a seasonal salad!

Many delicious fruits and veggies are in season during the summer. While fruits and veggies are nutritious year-round, they often taste even better and are less expensive when you can get them fresh in-season. Try using seasonal produce to make a salad for lunch or dinner. Creating your own salad is simple and fun! Here's why:

- **Quick preparation.** You just need a big bowl, chopping board, good knife, and your favorite vegetables and healthy toppings.
- **Versatility.** You can make a savory salad with lettuce, tomatoes, and cucumbers, or you can make a sweeter type by mixing in fresh berries or dried fruit.
- **Keeps you full.** For a filling, satisfying salad, try adding a protein like grilled chicken or fish, or a hard-boiled egg.
- **Cost-effective.** You can make a fabulous salad that serves four people for less than 10 dollars!

Next time you visit the grocery store, be adventurous - choose a new fruit or veggie to include in your salad!

A healthy lunch: Kale salad with berries

This tasty summer salad incorporates many seasonal fruits.

Salad:

- 5 kale leaves (stems removed)
- ½ cup blackberries
- ½ cup raspberries
- ¼ cup goat cheese, crumbled
- ½ cup walnuts
- 1 cup strawberries
- 1 lime
- 2-3 Tbsp. olive oil
- 6 oz. grilled, sliced chicken

Directions:

1. Chop kale leaves to desired size (the smaller, the better), and slice the strawberries.
2. Toss kale, berries, walnuts, cheese, and chicken together.
3. For the dressing, drizzle the olive oil on top and squeeze one lime's worth of juice into the salad. Serve and enjoy!

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Grow veggies — and muscles, too!

Mix up your fitness regimen by adding gardening into your routine. June is a great time to plant cabbage, carrots, summer squash, cucumbers, and many herbs—plus, you can get a great workout as you plant! Try these tips:

- ✓ **Remember to stretch.** It's best to stretch for 5 to 10 minutes before and after gardening.
- ✓ **Do it yourself.** Put the weed whacker back in the garage—you'll get more exercise by doing the weeding, and other activities, yourself.
- ✓ **Vary your activities.** There's plenty to do! Try raking, pruning, digging, weeding, and mowing.
- ✓ **Bend at the knees.** Avoid bending at the waist, especially when lifting heavy items—it could hurt your back.
- ✓ **Cool down afterward.** Take a short walk around your garden and admire your hard work.

What's in season?

Pick summer produce

There are many delicious fruits and vegetables in season during the summer. Among the most nutritious choices are:

- Cherries
- Cucumbers
- Okra
- Papaya
- Plums
- Blueberries
- Tomatoes
- Beets

The **Fruits & Veggies—More Matters website** has a full list of seasonal summer produce. You can also visit a farmer's market to choose from a range of fresh produce. Visit localharvest.org to find a farmer's market near you!



Scrumptious snacks Simple, healthy noshes

Snacking on nutritious foods can help you stay healthy by keeping your metabolism running efficiently, maintaining your energy levels, and reducing your risk of overeating at mealtime. The ideal snack has two components: protein and a fruit or vegetable. That combination is easy to achieve during summer, when there are so many fruits and vegetables available.

Try these healthy snack ideas:

- A sliced apple with peanut butter
- Sliced cucumbers and bell peppers with hummus
- Fresh berries mixed into plain Greek yogurt
- Salsa with whole grain crackers and low-fat cheese
- A banana and handful of almonds
- A piece of turkey rolled around one low-fat string cheese, plus carrot sticks

QUIZ

1. **True or false:** Eating healthy in June is easy because there are many fresh fruits and vegetables to choose from.
 - a. True
 - b. False
2. **To make a good salad, you will need:**
 - a. A lots of money
 - b. Your favorite produce
 - c. A special salad kit
 - d. A lot of time
3. **Foods in season during summer include:**
 - a. Cherries
 - b. Cucumbers
 - c. Papaya
 - d. All of the above

Answers: 1 a, 2 b, 3 d