

# Healthy Summer Eating

Summer is a great time to eat healthy. These tips may help you make the most of your summer eating:

- ▶ **Buy fresh fruits and vegetables.** Summer offers so many options for fresh produce. Not only is your grocery store likely to carry more varieties, but farmer's markets and farm stands will have locally grown produce available. Some farm stands may offer a weekly produce delivery service.
- ▶ **Eat fresh.** Instead of cooking the vegetables you purchase, eat them fresh as often as possible. Make salads with a variety of fresh vegetables a major part of your diet. For dessert, try fresh fruit on top of ice cream, or have a fruit cup or fruit salad instead.
- ▶ **Pick lean meats.** If you like grilling in the summer, choose lean cuts of meat, such as skinless chicken or turkey or pork with the fat trimmed off. Vegetable skewers are another option for healthy grilling.
- ▶ **Summer drinks.** Lemonade and iced tea are popular thirst-quenchers, but they can be loaded with calories. Make lemonade fresh instead of buying a mix or pre-bottled version. For iced teas, opt for unsweetened, or try a recipe that substitutes honey for sugar. Watch out for the hidden calories in alcoholic beverages.
- ▶ **Grow your own produce.** Summer is a great time to start a garden and grow your own food. If you don't have access to a yard, try an herb garden or a potted tomato plant.
- ▶ **Hydrate.** Drinking lots of water will not only help you combat summer's heat and humidity, but it may keep you from overeating at meals. If you find plain water boring, try flavoring it by adding berries or slices of lemon or cucumber.
- ▶ **Try new recipes.** If you're getting tired of the same summer recipes, try some new ones! Search your favorite cookbook or the Internet for recipes that will make good use of summer produce, or visit [mylifematters.com](http://mylifematters.com) to find healthy options.
- ▶ **Buy in bulk.** If you're on a budget, consider buying fresh produce or foods for grilling in bulk and freezing some of it for later use. In addition, remember that cooking from scratch is often cheaper than buying pre-made meals.

LifeMatters can provide suggestions for healthy eating year-round. Call 24/7/365.



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