Healthy Summer Eating

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

► **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 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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