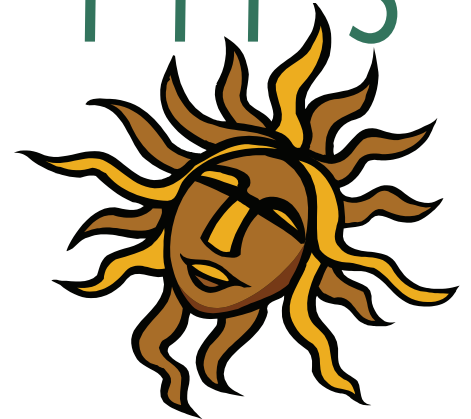


HEALTHFUL TIPS

~ SUMMER FUN ~



Summer months are full of fun with long summer evenings, vacations and cooking out. This month's tips are dedicated to a fun filled and healthful summer.

Get together with friends out on the deck, at the park or at the beach to enjoy nature.

Pack a picnic of delicious healthy food and enjoy in your favorite outdoor setting.

Canoe or row a boat for a change of scenery and great exercise.

Take a different route to work and enjoy the scenery.

Turn off the TV and get more sleep, spend time with friends and family or enjoy your favorite activity.

Pack a cooler for lunch with a variety of healthy foods such as sandwiches, fresh fruit, cheese, yogurt and raw vegetables.

Drink plenty of water throughout the trip to avoid dehydration.

Keep foods safe during the warmer temperature. Keep hot foods at 140 degrees F or higher and cold foods at 40 degrees F or lower. Thaw meats in the refrigerator, microwave or

under cool running water. Thaw completely and cook immediately. Wash hands often and sanitize cutting boards and knives between foods. Put cooked meat on a clean platter—not the same plate used for the raw meat.

Vegetables taste great and go with any meal—particularly a barbecue. Make sure you have plenty of lettuce and tomato for your burger buffet, and fill up on salads as much as the beef.

Marinate boneless skinless chicken breast in low fat Italian dressing overnight to add flavor and moisture. Try turkey burgers, black bean burgers or salmon burgers in place of hamburgers. Beef and pork tenderloin are lean options for the grill. Try salmon, tuna or tilapia filets.

Single serving sugar free fudgsicles and popsicles make a great summer treats.

Avoid going to picnics and parties overly hungry—this may tempt you to overeat. Eat a small snack before you go if serving time might be delayed.

Stick to your meal and snack schedule to keep your blood sugar, energy and moods stable.

If you are traveling, pack a cooler for a better selection of foods instead of being limited to the choices at convenience stores and roadside restaurants.

Prepare meals that are balanced to keep your energy high. Eat adequate lean protein along with healthy carbohydrates from starchy vegetables, fresh fruits or whole grains.

Enjoy fresh vegetables with your favorite seasoning or a relish tray with a yogurt-based dip, as well as vegetable salads with healthful dressings.

Focus on simple snacks that don't take much prep work. Keep fresh berries in the refrigerator and add to salads, yogurt or just eat a handful. Wash fresh green beans to dip in yogurt or low-fat cottage cheese. Keep healthy extras, like lettuce and tomatoes, in your produce bin. Cut up raw vegetables to serve with low-fat dips.

Sugar free gelatin topped with fresh berries and a dollop of Lite Cool Whip, sugar free chocolate mousse, and fruit smoothies are healthy alternatives to sugar-laden desserts.

