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Five Fab Ways To Eat Healthy This Summer



Summer brings its own set of temptations – both sweet and savory. From the pool to the barbecue, there are hazards at every outing. But with some planning ahead, you can make healthy choices at each outdoor event.

1. Stay Trim While You Travel

Carrying healthy, quick meals and snacks keeps you from braking for fast food on summer journeys. Pack unsalted nuts, peanut butter sandwiches on whole-grain bread, fruit such as bananas and apples, and tuna snack packs. Extra-long drive? Stock a cooler with hummus, light yogurt, berries, salad greens, hard-boiled eggs, and whole-grain veggie or turkey sandwiches.

2. Try Good-for-you Grilling

Move over cheeseburgers — transform your barbecue into a health food haven. Choose fish like salmon, trout and halibut for heart-healthy omega-3 fatty acids. Serve salads or grilled veggies on the side. And try searing fruit, such as peaches or pineapple slices, over the flames and drizzle with balsamic vinaigrette for a naturally sweet dessert.

3. Take Caution with Contamination

Don't let a stomach bug spoil your good times. Fight foodborne illness by washing your hands frequently. Rinse all fresh fruits and veggies carefully. Keep raw and cooked foods separate, and use a food thermometer to check that grilled foods are done (between 145 and 165 degrees, depending on the type and cut). And don't let picnic dishes linger — refrigerate or toss perishables after an hour in the summer heat.

4. Pick up Seasonal Superfoods

Summer harvests and markets abound with nutritious produce. Healthy farm-fresh options include summer squash, zucchini, or cucumbers and fruits such as watermelon and berries.

5. Make These Smart Restaurant Swaps

Eating out? Even beachside bistros now offer more nutritious options. Order veggie dogs instead of hot dogs, grilled corn on the cob over French fries, grilled chicken instead of greasy burgers, and low-fat fruit smoothies or popsicles instead of ice cream. To stay hydrated without the sugar of soda, wash your meal down with sparkling water spritzed with lemon or mint.

Sources: Bonappetit.com; Diabetes.org