



Notes from the Dietician

By Mary Beth Mann, MS, RD, LD

Summer is the perfect time to practice healthy cooking. You can take advantage of the season's bounty by trying new recipes, cooking techniques and enjoying fresh fruits and vegetables. Check out these tips for healthy and fun summer eating:

GRILL AND CHILL

Avoid the heat of the kitchen by grilling your foods. Take a break from baking or frying, and you'll find that grilling is a quick and easy way to prepare a variety of healthy foods. Dinner will be ready in 30 minutes or less!

STAY SAFE

Keep food safety in mind during warm months. Foods should stay chilled at 40 degrees or lower. Remember to avoid letting food stay at room temperature for more than 2 hours.

ENJOY FRESH PRODUCE

Visit a farmers market, pick fresh berries, or try a fresh vegetable from the grocery store. You can't beat the good nutrition and delicious taste of fresh, local produce.

SWAP SNACKS

Consider swapping some of your usual snack foods for healthier options. Invite your family to enjoy frozen bite-sized pieces of fruit, frozen yogurt or salsa with baked tortilla chips and fresh cut vegetables.



Get Healthy • Live Healthy

Be Healthy

Water: The Essence of Life

Water is refreshing and essential for good health. It helps keep your body temperature normal, cushions joints, protects the spinal cord and removes waste from the body.

Water makes up 60% of your body weight. Most Americans get about 80% of liquid from beverages consumed, while another 20% comes from foods eaten.

It's important that you listen to your body. The feeling of thirst is your body's way of telling you it is getting dehydrated and needs fluid. Drink water before you feel thirsty.



Summer Fun and Physical Activity

Don't let travel break your workout routine. Whether on a family getaway or a business trip, you can still incorporate exercise into your schedule.



- Find information on a park, river or other facility near your destination for canoeing.
- If you prefer dry land, take a hike or ride a bicycle. These are great ways to see the sites while doing physical activity.
- Cool off by jumping into the hotel pool or a nearby body of water.

For a total body workout, alternate between 5-minute intervals of treading water and swimming laps.

Whatever activities you choose, make sure you have fun and exercise! Your body and mind will thank you.



Be Healthy Recipe

Spinach and Grapefruit Salad

Takes 30-60 minutes to prepare; makes 6 servings.

2 tablespoon red wine vinegar
2 teaspoon granulated sugar
1 teaspoon olive oil
Salt
Freshly ground black pepper

1 red onion, thinly sliced
2 large grapefruits
1/3 cup frozen orange juice concentrate
1 tablespoon Dijon mustard
10 ounces baby spinach leaves

In a bowl, stir together vinegar, sugar, oil, a pinch of salt and black pepper to taste. Add onions and stir to coat thoroughly. Set aside for 15 to 30 minutes. • Remove grapefruit skins with a serrated knife. Cut the grapefruit segments from the membrane and place in a bowl. Squeeze juice from the membranes into the bowl as well. • In a food processor, combine orange juice concentrate, mustard, juice from the grapefruit segments, 1 heaping tablespoon of the marinated onions and a pinch of salt. Process until smooth. • In a large salad bowl, toss spinach and salad dressing. Drain marinated onions and add to the salad along with the grapefruit segments. Toss gently and serve immediately.

Source: Alere Healthy Living Kitchens

Did you know?



Watermelon is 92% water. This popular fruit is also an excellent source of vitamins A, B6 and C, and contains fiber and potassium.

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Buckle Up for Life

Preventable injuries are one reason healthcare costs are rising. When people choose not to wear seatbelts, their injuries can be more serious – and more expensive to treat. Serious injuries require treatment with the latest technologies and advanced hospital care, which are often more costly. When it comes to the cost of healthcare, your choices make a difference.

Source: Kaiser Family Foundation, "State Health Facts," 2006.

Finding Balance

Life can be overwhelming. A regular exercise program can improve your health and help you cope with the stress of daily living. Follow these guidelines to help you set – and stick to – exercise goals.



- **Choose an activity you like.** Try walking, jogging, swimming, biking or aerobics.
- **Start slow and build up.** If you cannot talk without feeling out of breath, slow down!
- **Try walking briskly** 30 minutes a day, five days a week. Then increase your intensity by jogging, doing aerobics or riding a bicycle.
- **Record your exercise.** The website www.walkingworks.com is a great place to document your progress.
- **Ask a friend or family member to exercise with you.** When others support you, you're more likely to stick with your fitness routine.



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