

Celebrating Summer!

By: Jenna Boytek, MS, RD, LD; Edited by: Kaylyn Crosier, MS, RD, LD

The summer season is approaching; it's time for cookouts, celebrations and sunshine. While summer is a time of enjoyment and fun, don't let those summer foods deflate your healthy lifestyle! Summer often brings about a host of delicious treats like ice cream cones, cheese burgers, grilled hot dogs, s'mores and sugary lemonade. While "all foods fit" into a well-balanced diet, in excess, these items may sabotage a healthy lifestyle. By following a few tips and tricks, there are plenty of summer items that are fun and healthy to eat!

Fruits and Vegetables to Grill:

With blooming gardens and local farmer's markets in full swing, take advantage of the available fresh fruits and vegetables! Try grilling them-

- Pineapples and peaches are great on the grill
- Love mushrooms? Try them as a grilled accessory to chicken or steak
- While onions and peppers are traditional grilling veggies, try out new ones, such as eggplant, zucchini or summer squash

Outdoor Eating, BBQ's and Picnics:

It's easy to get caught up in an array of not-so-healthy entrees and side dishes offered at picnics but a few simple adjustments can keep your healthy diet on track

- Try using vinegar as a base for coleslaw versus mayonnaise
- Fresh fruits, like watermelon, and vegetables make healthy side dishes versus the typical high calorie sidekicks, like potato salads, pasta salad and potato chips
- Make your own burgers using ground turkey, add flavor with garlic powder, onion powder and pepper
- Opt for a whole grain bun for your hotdog or burger

Summer Sweet Tooth

If you don't feel like ditching the milkshake or sugary lemonade, perhaps the following ideas will satisfy your sweet tooth without giving you any cavities (or a bigger waistline!)

- Try frozen yogurt with fruit toppings
- Consider low calorie/zero calorie sweetener when sweetening up your lemonade
- Add fruit and low fat whipped topping for cakes/pies instead of sugary icing

Quenching the Summer Thirst:

It is very important to remember to stay hydrated in the summer heat!

- Remember to drink WATER, WATER, and WATER!
- Try adding a lemon, strawberries, or cucumber to infuse your water for more enjoyable taste!

Summer Vacations:

Let's face it, summer vacations are often coupled with high fat/sugary foods, whether you are dining out at a new restaurant or making s'mores by a campfire. With summer vacations, the key is to plan ahead.

- Pack a cooler full of healthy snacks to take to the pool instead of eating at the "Snack Shack"
- When reserving your hotel room, ask for a room with a kitchen/microwave/refrigerator so you can enjoy some meals in versus dining out 3 meals per day
- At your hotel, inquire about healthy options provided during continental breakfast
- Research online menu's for dining out near your vacation spot to ensure healthful options are available

The Dietitian's Role:

Remind your clients about moderation and that “all foods can fit.” The summer time provides a fun opportunity for our profession to demonstrate creative ways to enjoy seasonal favorites without jeopardizing a nutritional lifestyle. Plus, it's always a good time trying out new, healthy recipes with friends and family during summer cookouts!

Summer Recipes

FROZEN GRAPES

Ingredients:

Grapes

Artificial sweetener (such as Splenda) to taste

Directions:

1. Remove grapes from stems and place in a colander. Wash thoroughly.
 2. Place grapes in a gallon-size re-sealable bag.
 3. Pour artificial sweetener into bag and seal. Gently shake the bag to evenly coat grapes.
 4. Arrange grapes on a paper towel to air-dry any remaining water, about 15 minutes.
 5. Place grapes in a single layer on a shallow pan or baking sheet. Freeze for at least 2 hours. Enjoy!
- Recipe derived from allrecipes.com



GREEK YOGURT COLESLAW

Ingredients:

½ cup nonfat plain Greek yogurt

3 ½ tablespoons cider vinegar

3 tablespoons sugar

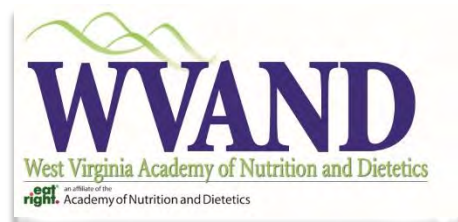
1 tsp kosher salt

⅛ tsp black pepper

16 oz (about 6 ¼ cups) bagged coleslaw blend or shredded cabbage

Directions:

1. In a small bowl, combine the first five ingredients and whisk until smooth.
 2. Place slaw blend/cabbage in a large bowl and pour dressing mixture over top. Stir to coat thoroughly.
 3. Cover and refrigerate until using (preferably at least 30 minutes)
- Recipe derived from “Two Healthy Kitchens”



Jenna Boytek is a Registered Dietitian Nutritionist currently working as a Senior Dietitian for Genesis Healthcare. As one of the nation's food and nutrition experts, she is committed to improving the health of his community. To find a registered dietitian nutritionist in your area, visit www.eatright.org and click on “Find a Registered Dietitian.”