



Summer Fun Foods

Many of us associate the summer with great food memories full of outdoor cookouts and sweet cool treats! Brighten up your summer this year with a variety of colorful produce and mouth watering meals that not only taste good but make you feel good too!



How to Host a Healthy Eats BBQ

1

Choose Lean Cuts of Meat

Select leaner cuts such as chicken breasts, beef sirloin/tenderloin, extra lean ground meat, pork loin etc.

2

Serve up Some Seafood

Fresh Bermuda fish, shrimp, shellfish, octopus or squid are great alternatives to the same old burgers and hotdogs!

3

Try Grilling Some Fruits on the Barby

Don't knock it til you try it! Click here for some surprisingly delicious options: <https://www.mnn.com/food/recipes/blogs/10-fruits-you-can-grill>

4

Don't Neglect your Vegetables

Lightly brush your favorite vegetables with a touch of olive oil and throw it on the BBQ too! Also a refreshing summer salad a great way to incorporate some colorful produce at your next cookout.

5

Incorporate Whole Grains

Try using whole wheat pasta for your classic mac n' cheese, if you're worried about the taste try using half and half instead. Little swaps add up over time!

Sweet and Tangy Fruit Dip

Ingredients

- 1 cup of full fat Greek yogurt
- 1 tbsp of maple syrup or honey
- 1 tsp of cinnamon

1. In a medium bowl, combine all of the ingredients by whipping them together with a spoon. Keep whipping until the yogurt is fluffy and all of the ingredients are fully combined. Takes about a minute.
2. Once dip is fluffy and smooth, transfer to a small serving dish and serve with a platter of various fresh fruits of your choosing!



Per tbsp - Calories: 18; Protein: 1.2g; Carbs: 1.8g; Fat: 0.7g



Visit [Love & Lemons](https://www.loveandlemons.com/summer-salads/) blog for 33 BEST Summer Salads: <https://www.loveandlemons.com/summer-salads/>

Click here for Grillable Veggie Burgers:
<https://minimalistbaker.com/easy-grillable-veggie-burgers/>



Rethink Your Drink this Summer

Before you decide to reach for that soda or Kool-Aid this summer here are some great refreshing alternatives to help you stay hydrated in the heat.

- **Sparkling Waters** - fun and bubbly, sparkling water is now available in numerous flavors such as mango, watermelon, strawberry, etc. Experiment and find one that you LOVE!
- **Fruit/Herb Infused Water** - combine various frozen fruits and herbs (such as mint, basil, etc.) and allow to steep in a jug of water overnight.
- **Iced Tea**- instead of premade iced tea, try making it by brewing your favorite herbal teas and then cooling them in the fridge for a couple hours. You can even add a tbsp or two of honey for a touch of sweetness.
- **Smoothies**- combine various frozen fruits, veggies, yogurt/cottage cheese, milk or dairy alternatives etc. to create a icy treat to beat the heat!
- **Eat Your Water**- Prioritize high water fruits and veggies to help you stay hydrated this summer. Some great options are: cucumber, berries, watermelon, tomatoes, celery, zucchini, peaches etc.

Click the link below for Healthy Summer Desserts:
<https://www.foodnetwork.com/grilling/healthy/photos/healthy-summer-desserts>



"Summertime is always the best of what might be." - Charles Bowden



Tips to get the Kids Enjoying Healthy Eats this Summer

- **Let them help**- get the kids involved by letting them get hands on in the kitchen with chopping, prepping, or picking out fruits/veggies in the grocery store.
- **Serve dishes in kid-friendly ways**- bite-sized finger food, dipable snacks or serving food in fun shapes are sure to grab their attention in a GOOD way!
- **Put it on a stick**- kids love the novelty of eating food off a stick! Try grilled kebabs loaded with veggies, fruit kebabs for dessert, or cool off with some fruit based popsicles.
- **Simple swaps**- try low-fat frozen yogurt or popsicles instead of traditional ice cream, popcorn instead of chips, or Greek yogurt instead of mayo in recipes.