



# Summer tips for healthy eating - August 2011

## Inside this month's issue

[Healthy tips for summer eating](#)

### Healthy tips for eating during the summer months

Summer is a wonderful time to grow your own food, or make the most of the fresh grown foods that are available in the shops. This season provides the perfect opportunity to plan delicious, healthy meals. It is easier for people to eat healthfully throughout the summer months, as there is an abundance of fresh fruits and vegetables, with a chance to try out lots of foods that you wouldn't normally eat during our winter months.

Below are a list of tips to eat healthily during our summer months and some delicious recipes for you to try. Happy Eating!

### Plant your own garden

It's fun and extremely rewarding to grow your own food. It's especially important for children since today's youth is so far removed from food production. Gardening can be as ambitious as you want from acquiring an allotment, using a small part of your garden or as simple as planting seeds in pots or on windowsill.

### Fresh Produce spoils quickly

Shop frequently every few days preferably at local shops and plan your recipes. Invest in an organic box from [Riverford's](#) that can be delivered to your home once a week, containing freshly grown organic (without pesticides or chemicals) vegetables & fruits. Meals will taste best with the freshest ingredients.

## **Choose vegetarian meals on a couple of days a week**

Decide to leave meat out of your diet for a couple of days a week and replace with vegetarian choices – pulses, quinoa, soya, tofu. This will help to lower your food bills and improve your health while benefiting the environment.

## **Buy plant foods that are in season**

These are readily available and taste freshest because they are harvested almost ripened. The cost should also be lower since the produce is in abundance.

## **Practice portion size control**

Using smaller plates is a proven method of consuming fewer calories effortlessly. Lots of vegetables and fruit can make up a large proportion of your diet, with small amounts of protein and carbohydrates. Make sure your plate consists of  $\frac{1}{4}$  protein - meat, fish, pulses, cheese, eggs,  $\frac{1}{4}$  carbohydrates (potatoes, rice, pasta) and  $\frac{1}{2}$  vegetables.

## **If you choose meat**

Choose lean cuts of beef, including round, sirloin and loin cuts. Tenderize the meat to increase flavours and texture without adding fat. Marinate in salsa, wine or citrus juices. Grilled fish, chicken breasts, turkey and lamb kebabs also make great alternatives to high-sodium hot dogs and hamburgers

## **Simple snacks for summer**

Make eating healthy a priority this summer by focusing on simple snacks, keep fresh berries in the refrigerator to add to salads, yogurt and ice creams. Wash fresh green beans to dip in yogurt, low-fat cottage cheese or hummus. Keep healthy extras, like lettuce, tomatoes, cucumber and celery in your fridge. Cut up these raw vegetables and serve with low-fat dips.

Fruit smoothies are easy to make, toss in some fresh fruit, yoghurt and fruit juice into a blender.

## **Keep hydrated**

Remember to stay hydrated, thirst signals can be mistaken for hunger so it's a good idea to drink water throughout the day and evening. When temperatures rise Water is the best option, but you can add slices of lemons or strawberries for natural flavour.