

KEYS TO BETTER HEALTH™

Savvy Summer Snacks

Don't let the blistering summer heat beat your savvy snack offerings. Although it can be tempting to regularly indulge in cool sweet treats like ice cream and sno-cones, stay fueled with nutritious snacks that are both refreshing and healthful this summer season.

- 1. Fill up on Fruits and Veggies.** Let your snack do double duty by offering high-water snacks that help re-fuel and cool you down. Reach for a bowl of cold cubed watermelon, slices of crisp cucumber, or fun build-your-own lettuce wraps. Don't forget—fruits and veggies taste great grilled and cooked over a campfire too. S'more banana boats cooked over the fire, grilled veggie kabobs, and sweet fresh-from-the-garden sweet corn make the perfect additions to any summer meal. Or try frozen bananas pureed into an ice cream-like consistency; add a Tablespoon of unsweetened cocoa for the chocolate lovers in your life.



- 2. Bone up on your calcium.** Yes, while ice cream and frozen yogurt do provide calcium— along with a dose of fat and sugar—it's best to keep these treats as something enjoyed on a special occasion versus the everyday treat. Consider a half cup of vanilla frozen yogurt, has over 4 teaspoons of sugar¹, and that's without any toppings. Instead, opt for a sweet homemade smoothie with frozen fruit, leafy greens, low-fat plain yogurt, and a splash of milk or 100% fruit juice.

- 3. Pass the water, please.** Staying hydrated in the summer months is a challenge that requires extra special attention. Even simple activities, such as laying out in the sun, can zap you of the necessary hydration to keep your body running smoothly. To avoid dehydration, reach for the water bottle regularly and often. To make water fun, and the easy choice over other sugary options, try a few creative techniques to keep it interesting. Add a sugar-free beverage mix-in or layer refreshing cucumber or lemon slices for extra flavor, toss in colorful frozen berries to keep things cool, and be sure to serve in a fun glass!
- 4. Adventure into new foods.** If you have picky eaters on your hands, or are a picky eater yourself, put forth a challenge to make an adventure out of trying a new food. Summer is the perfect season to experiment with a new, interesting fruit or vegetable that is in its peak season. Talk with your local produce clerk about where the seasonal items come from and any new suggestions on preparation they might have. Or get your kids involved in an internet scavenger hunt. Pick out a new seasonal produce item at the store, and then spend some time together finding a new, fun recipe. You might just find that by the end of the day you've had so much fun looking into the new food that you can't wait to try it!

Keys to Better Health™ offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags

Resources:

1. Basic Report: 19293, Frozen yogurts, vanilla, soft-serve. United States Department of Agriculture Agricultural Research Service National Nutrient Database for Standard Reference Release 28 webpage. <https://ndb.nal.usda.gov/ndb/foods/show/6284?manu=&fgcd=>. Accessed April 15, 2016.



Disclaimer: This information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.