

## Lovin' the BBQ Season—Emily Rost, Weighing In Intern

Summertime is the perfect time to involve your kids in healthy cooking and enjoy a cookout with family and friends. Traditional cookout foods often like pre-packaged hot dogs or hamburgers are high in fat, saturated fat and calories. There are plenty of healthy alternatives that taste great, it's just a matter of finding your favorites!

- Make your own burgers, rather than buying pre-packaged ones, use 90 percent lean ground beef.
- Add cracked black pepper or fresh garlic for more flavor.
- Keep burgers to a 4 oz. portion
- Make sure to cook your meat thoroughly. Take the time to cook the meat slowly at a moderate temperature.
- Serve the burgers on a whole wheat bun, along with lots of veggies like fresh lettuce, a large slice of tomato, pickles and onions.
- For a side, offer fresh coleslaw, veggies or fruit.
- As an alternative to a traditional burger, try making your own veggie burger. Slice your favorite vegetable such as zucchini, eggplant, peppers, onions and grill them until softened. Add your favorite spices, then stack them on a whole wheat bun.
- Fruit infused water makes a great addition to a summer BBQ when you need a cool drink to quench your thirst.



## Volume 5, Issue 3 Summer 2016 Did You Know?

- Grape tomatoes are different than cherry tomatoes.
- Grape tomatoes have a thick skin, lower water content and a longer shelf-life than cherry tomatoes.
- Grape tomatoes are low calorie, very low in fat, cholesterol free, sodium free, and a good source of fiber.
- Grape tomatoes are high in vitamins A and C and in lycopene, an antioxidant.

## In The News

### The 2016 Summer Olympics start August 5th!

- If you spend your two hours of screen time watching the summer games, try to imitate your favorite Olympic sport. Pretend you are jumping hurdles or swimming the backstroke.
- You could even host your own games with family and friends!



## Summer Fun Activities! - Emily DeWit, Weighing In Project Coordinator

Make summer time fun time with lots of outdoor activity! Just remember to bring sunscreen and lots of water to drink when playing outdoors. Here are a few ideas to get your summer fun started!

### Soak it Up Water Relay

You will need four buckets (or any container to hold water), two sponges and a few friends. Fill two buckets with the same amount of water.

Put one sponge in each filled bucket.

Take the empty buckets and place them about 15 or 20 feet away from the buckets with water. Divide kids into two teams. The object is to get all of the water from one bucket to the other using only the sponge. Kids race back and forth until all the water is transferred into the second bucket. The first player or team to move all of their water wins!



### Frozen T-Shirts

Add a little chill to a hot summer day with this game! Take old T-shirts and soak them with water. Wring out the excess water and then fold each several times into a square. Either put each shirt into a zip close plastic bag, or layer them on a tray with waxed paper between them and place them in the freezer overnight. The object of the game is easy, be the first person to get their T-shirt on!

## Controlling Screen Time for Kids:



- Set a schedule: Start by setting up a specific amount of time, such as 30 minutes per day when electronics can be used.
- Create choices: Provide other options to distract your kids from electronic devices. Go outside and be physically active!
- When your kids are disconnected from their devices, make sure to disconnect from yours. Spend time as a family doing an activity like reading or cooking.

## What's in Season this Summer?



Corn is the perfect vegetable to eat in the summer! The average ear of corn has 800 kernels, arranged in 16 rows. Here are a few ways to enjoy corn: grill an ear of corn at your next BBQ, add corn to salsa, sauté with some onions as a side, or add it to your soup. Corn is low in fat, sodium free, cholesterol free, and high in vitamin C. For more in season fruits and veggies visit:

<http://www.fruitsandveggiesmorematters.org/>

## Get Creative with Low or Nonfat Milk!



Try freezing low or nonfat milk in ice cube trays. Once frozen, add the milk cubes to your smoothies as an alternative to ice cubes. It will make the smoothie creamier and less diluted. If your milk isn't cold enough for your liking, add a few milk cubes. The cubes will keep it cold and won't water it down.

## Recipe Corner Yogurt Parfait

Makes 1 serving



### Ingredients:

- ¼ Cup-fresh or frozen strawberries, washed and sliced
- ¼ Cup-fresh or frozen blackberries, washed
- 1/3-banana
- 1 (6 oz)-container nonfat yogurt; can be any flavor
- 1 Tbsp.-Honey Bunches of Oats cereal

### Preparation:

- Scoop ½ yogurt into a small bowl or cup
- Layer blueberries, strawberries and banana
- Scoop the rest of yogurt on the top
- Layer blueberries, strawberries, and banana
- Top with oats



### Nutrition Facts:

- 180 calories; 0.5 g total fat,
- 38 g carbohydrate, 3 g fiber, 25 g sugar, 6 g protein



4 SERVINGS OF WATER  
NOT SUGARY DRINKS

## Tips For Staying Hydrated By Emily Rost, Weighing In Intern

The summer months are the hottest part of the year and it's important to make sure you stay hydrated by drinking at least 4 servings of water every day. Here are some tips to hydrate yourself during the summer months:

- ⇒ Carry a reusable water bottle and fill it from the tap instead of using plastic water bottles.
- ⇒ If you don't like the taste of plain water, try adding a slice of lemon, lime or orange to your drink.
- ⇒ Be sure to drink water before, during and after a workout, especially if it's on a hot day outside.

To make sure you are drinking a good amount of water while being active on a hot summer day, try marking a water bottle with times (example to the right). This would show you if you are reaching your goals and help you better track your water consumption. Drinking on a schedule similar to this may help to put you more in the habit of drinking water every day.



**CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!**

For more tips on how to lead a healthy lifestyle go to [www.fittastic.org](http://www.fittastic.org).

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