



## Tips to Eating Healthy During the Summer

Between barbecues and vacation getaways, it's easy to skimp on exercise. Try these healthy eating tips to make your summer months a little healthier.

### Take Advantage of Fresh Produce

With produce at its peak during the summer months, now is the perfect time to indulge in nature's finest by eating the freshest vegetables and fruit.

#### Veggies

- **Tomatoes:** Slicing one cup of raw tomato for your salad gives you as much as 40% of your recommended daily intake of vitamin C and 20% of your daily vitamin A.
- **Avocados** find their way into salads, dressings and on top of burgers regularly, so it's a good thing that they're full of fiber, vitamins B5, B6, B9, C, K, and potassium, as well as cell-protecting antioxidants.
- **Greens:** Beet greens, dandelion greens, spinach, lettuce and Swiss chard are all in-season throughout the spring and summer months. These greens contain protein and iron and are full of the cell-protecting and repairing antioxidants. Not only do they make a great salad, but you can toss them into a blender, along with some fresh fruit for a green smoothie.
- **Bell peppers** make a colorful addition to a snack, salad or meal, but there's more to this crunchy fruit than meets the eye. Bell peppers contain phytochemicals called carotenoids, which give them their bright colors – and a diet high in carotenoid-dense foods has been associated with reducing the risk of developing cardiovascular disease, and age-related eye diseases.

#### Fruits

When choosing fruits, always make sure to buy the freshest, best quality.

- **Berries:** Though each tasty variety of berry has its own unique nutritional values and functional benefits, all berries are high in antioxidants, fiber and vitamin C.
- **Watermelon** has the highest concentration of lycopene of any fresh fruit or vegetable, so indulge in this sweet fruit throughout the summer months.

#### Choose Lean Meats

Instead of going for the traditional fare, choose leaner meats. Healthier meat alternatives include ground turkey and skinless chicken breasts. Fish is a very important part of a healthy diet. Grill salmon, tuna, lobster, steamed clams, and calamari for a low-calorie, protein-packed lunch or dinner.

#### Be Smart About Cold Treat Choices

To satisfy your sweet tooth and not feel guilty about it, look for some healthier alternatives to the typical calorie-laden summer treats. Buy low-fat versions of fat-free and sugar-free ice cream or try a sugar-free sorbet, which is a lower-calorie, refreshing alternative.

## Prepare for the Beach

Pack a cooler with ice, bottled water, sandwiches on whole grain breads, pita chips, hummus, yogurt and lots of fruit. You'll feel healthier and happier at the end of the day.

## Additional Resources

- [BurnAlong](#)
- [Omada](#) for Cigna & Kaiser Permanente members
- [Mindful Mondays](#) & [Well-Being Wednesdays](#) webinars – free to all employees
- [Caregiver Series](#) webinars – free to all employees



## Join Us and Win Big This Summer

### [Register for the Summer of Wellness](#)

Everything is better with prizes, right? Each month, Level Up will raffle off the following:

- One **Cuisinart Griddler**
- One **Ninja Smoothie & Food Processing Blender**
- One **\$100 Gift Card**

#### Here are the winners for June:

- Diana Osgood ~ Office of Law
- Stephanie Stapleton ~ Office of Homeland Security
- Kaleab Beyene ~ Dept. of Permitting Inspections & Enforcement

**To be entered into the drawing each month, you must register and attend at least one webinar that month.** Prize winners will be announced during the weekly Wellness Wednesday newsletters. Prizes will be distributed at the end of the Summer of Wellness Campaign.

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