

fresh &  
**HEALTHY**

# SUMMER

Stay Cool & Stay Healthy

During the long hot days of summer we all look for ways to cool down. We drink more cold beverages, eat more cold foods like salads & sandwiches, and avoid the heat of the kitchen by cooking outdoors or eating out. While you're staying cool this summer, try these tips to stay healthy too.

## Enjoy cool, low-cal beverages

During the summer heat there's nothing like an ice cold drink. But remember to reach for lower calorie refreshment. When you're thirsty let water and unsweetened beverages hit the spot. Blend fresh fruit with ice for a nutritious frozen thirst quencher. Try to limit sugary drinks that can add hundreds of empty and unwanted calories.

## Keep it cool and keep it light

Cool crisp salads made from fresh in-season ingredients are the perfect meal for a hot summer day. But some restaurant salads and bottled dressings can contain 25 to 35 grams of fat, just from the dressing alone. Make your summer salads healthier by choosing light vinaigrettes and other lower calorie dressings instead of traditional Caesar or Ranch.

## Cool down outdoors

Whether you're planning a summer picnic or an outdoor BBQ, keep your meals cool and healthy with summer fruits and vegetables as main ingredients. Enjoy mixed berry salads, pineapple-pepper chicken kabobs or cucumber & humus sandwiches.

## Chill-out with dessert

Fruit sorbets are a delicious, refreshing way to top off any summer evening. Fruit smoothies are easy to make and fun to drink. And frozen fruit pops are always a treat. Beat the heat this summer by staying cool and staying healthy!

## Natural Summer Refreshment

Stay cool and stay healthy by biting into some natural summer refreshment. Many summer fruits and vegetables contain more than 90% water so they are a great way to stay hydrated and well nourished.

### Tomatoes

Tomatoes (90% water) seem to be everywhere during the summer, and there are so many ways to enjoy them. Wedged and marinated with light dressing or sliced on a sandwich, chilled tomatoes are a tasty cool summer treat.

### Cucumbers

Cucumbers (95% water) can be sliced, chopped or grated and are a great addition to many summer meals. Try a cool refreshing cucumber salad. Thinly slice and top with rice wine vinegar and sesame seeds or combine with tomatoes, chopped bell peppers, onions & celery and marinate in light vinaigrette, chill and enjoy.

### Melons

Watermelons and cantaloupes (90-95% water) are perfect in-season thirst quenchers. Try serving chilled watermelon squares on a Popsicle stick or cantaloupe chunks in a bowl – plain or with low fat yogurt.

### Zucchini

Zucchini and squash (95% water) are perfect for the grill. Cut them into thick slices, cover lightly with olive oil or your favorite spices, and throw them onto the grill for a few minutes. They're also great lightly steamed or blanched. Then chill and toss into your favorite salad.



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## HEALTHY Lifestyles

### Have a healthy summer vacation

Summer is vacation time and that usually means travel. Finding healthy food on the road can be a challenge. Make your summer vacation a healthy one by keeping these travel trips in mind.



### Fly healthy



Airport food and beverage selections can be limited. Long waits for flights, delays and boredom can all conspire to ruin our healthiest eating plans. So start your vacation right by eating before you leave for the airport so you're not so hungry when you arrive. If you are buying at the airport look for trail mixes, parfaits, low fat frozen yogurts, pretzels or light smoothies. If the portion is oversized, save half or share with someone you're traveling with. If you need a quick meal, look for grilled chicken sandwiches, bean burritos or salads with lots of dark greens. Try to avoid fried foods, pizza with extra cheese, or overstuffed sandwiches. Remember to pack or buy something healthy for the plane, since many flights don't serve meals anymore.

### Stay healthy

Many hotels make it easy to eat healthy during your overnight stays. Standard breakfast buffet fare includes raisin bran, low fat yogurt, skim milk, bananas, fresh melon salads, whole grain breads and muffins. Try to stay at hotels and lodges that make it easy to start your day with a healthy breakfast. Also remember to look for menu selections highlighted as healthier choices.

### Get active

Summer vacation is a great time to get active. Sign up for walking tours. Get involved in fitness activities at parks or beaches. Plan ahead to make sure you leave plenty of time in your vacation schedule to keep everyone on-the-move.



Enjoy a safe and healthy summer vacation!

*Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.*

## Gazpacho

Serves 4

### Ingredients:

- 3 cups V8<sup>®</sup> 100% Vegetable Juice, Regular
- 1 small cucumber, peeled, seeded and chopped (about 1 cup)
- 1 small green pepper, chopped (about 1/2 cup)
- 1 small onion, chopped (about 1/4 cup)
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1 small clove garlic, chopped
- 1/8 teaspoon hot pepper sauce

### Preparation:

Stir in a medium bowl: juice, onion, garlic, cucumber, oil, hot pepper sauce, pepper, vinegar

Place half of the juice mixture in a blender or food processor. Cover and blend until the mixture is smooth. Repeat with the remaining vegetable juice mixture. Cover and refrigerate for at least 2 hours. Garnish with additional chopped vegetables, if desired.

### Recipe Tip:

For a faster, chunkier gazpacho, you can just stir the ingredients together, without blending, and then refrigerate.

*Recipe courtesy of Campbell Soup Company.*

## NUTRITIONAL INFORMATION *per serving*

Calories: 86	Protein: 2g	Sodium: 365mg
Carbohydrates: 11g	Saturated Fat: 1g	Total Fat: 3g

