

Splash Into Summer



Provided by Virginia Tech Dining Services

May 2016



Summer Fruits

Strawberries, raspberries, blueberries and blackberries are **SUPERfoods** bursting with flavor in the summer. Rich in antioxidants; these fruits can protect against diabetes, heart disease and certain types of cancer.

- 1 cup blueberries: 13,427 antioxidants
- 1 cup blackberries: 7,701 antioxidants
- 1 cup raspberries: 6,058 antioxidants
- 1 cup strawberries: 5,938 antioxidants



Summer Vegetables

Plant a **garden** this summer and grow tomatoes, green beans cucumbers and many more vegetables at half the cost. Try these favorite summer vegetable recipes for a taste you will be sure to enjoy!

- ☀ Cucumber, tomato and onion salad with low-fat Italian dressing
- ☀ Marinated vegetable kabobs on the grill
- ☀ Grilled asparagus with balsamic drizzle

Summer Exercise

Exercising in the summer heat can be dangerous. Follow the tips below to prevent heat exhaustion during long hours in the sun.

- ☀ **Hydrate**- drink plenty of water throughout the day to replace excess fluids lost through sweat.
- ☀ **Sunscreen**- protect your skin and apply waterproof sunscreen at least 30 min. prior to sun exposure.
- ☀ **Educate**- the warning signs of heat exhaustion are heavy sweating, fatigue, dizziness and clammy skin.



Healthy BBQ Tips

Who doesn't love a summer BBQ? Making the following swaps will help your body enjoy a healthier BBQ while still enjoying the same great taste.

- Cut Calories:** Try your hotdog or hamburger without the bun and save approximately 120 calories.
- Cut Fat:** Grill lean chicken or fish, instead of a hamburger or hot dog and save over 11 grams of fat.
- Cut Condiments:** Use mayo and ketchup sparingly and top the rest of your burger with fresh vegetables!

