8 foods for excellent nutrition this summer!

- **Blueberries**- These tasty finger foods contain an awesome amount of vitamin C, and can help reduce the risk of heart attack and stroke. Blueberries are also a great source of antioxidants, and the polyphenols they contain may promote bone health.

- **Avocados**- Avocados are not only delicious, but have wonderful health benefits to boot. This versatile food contains fiber, vitamins B5, B6, C, K, folate, and potassium! They also have a healthy amount of "good fat" or monounsaturated fat. This type of fat actually helps improve cholesterol and reduces the risk for developing heart disease. Try avocado on a salad, sandwich, in a soup, or simply eat it with a spoon!

- **Cucumbers**- Cucumbers can be added to water for a splash of flavor, or can be used as a healthy, low calorie snack for dips or by themselves. These veggies contain several vitamins and nutrients, and help lower blood pressure and hydrate the body. They may also have anti-inflammatory and anti-cancer benefits.

- **Green Tea**- This beverage has so many health benefits it's silly. Drinking green tea can help reduce your risk of obesity, diabetes, stroke and heart disease. According to a study
published in the Archives of Internal Medicine, people who drink about 3 cups of green tea daily had a 46 to 65 percent decrease in their risk of developing hypertension. Its packed with antioxidants, and serves as a great way to protect yourself against a number of chronic diseases.

- **Leafy Greens** - The great thing about greens is that one variety or another is available year round. They have vitamins A and C, as well as protein, iron, B vitamins, and fiber. And when it comes to eating greens, it's hard to go overboard! They're low in calories and naturally cholesterol free, so snack away! Throw some spinach in our fish Tacos for a healthy crunch!

- **Bell Peppers** - these colorful veggies make a great substitute for crackers and chips when snacking. They have a satisfying crunch, but are also high in vitamin C, and are very low in calories. Bell peppers also contain carotenoids, which give them their bright color. Carotenoids have been associated with lowering the risk of cardiovascular disease, and some types of cancer. Try ONIE's stuffed bell pepper recipe to get all these health benefits!

- **Tomatoes** - Tomatoes are a wonderful option for a salad or sandwich. Aside from being cool and delicious, they pack a ton of vitamins A, C, and E, as well as folate and potassium. They also have heart-protective qualities that help lower cholesterol, and may help to keep bones healthy. Try the Winter vegetable Salad for a healthy dose of this tasty food!

- **Water** - Obviously your body needs water, but you may be surprised how much you need to function properly. The institute of medicine recommends roughly 2-3 liters of water every day. If the thought of drinking that much water seems overwhelming, remember adding fruits and vegetables to your diet can also contribute to your water intake, while increasing your vitamin and mineral intake as well. An easy water intake calculator can be found here.