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Summertime nutrition tips - be good to your body this season!

*this hot time of year comes with its own set of health concerns!

- **Drink plenty of water.** This is important year round, but it is especially essential when it starts getting hotter outside. Proper water intake can support a healthy weight, and helps the body to function efficiently. When your body lacks the hydration it needs, it can lead to fatigue, poor digestive health, and dry skin and nails. For a ballpark range of how much water you should be drinking daily, divide your weight by 2, and drink that number in ounces of water per day.

- **Cut back on the caffeine.** In these hot summer months, an excess of caffeine can lead to further dehydration if not drinking enough water. If you can’t stand to drink only water, add 1% or skim milk, or decaffeinated ice tea.

- **Add vegetables to the grill.** Summertime is the perfect time for entertaining with backyard barbecues! Keep in mind this is also an easy and tasty way to get some veggies into your diet. add vegetables to your shish kebabs, or simply grill some zucchini, squash, or mushrooms separately!

- **Get enough potassium.** Many people tend to be more active in the summer months. There are more hours in the day so you have more time to get outside and horse around. Unfortunately, sweating during the summer months can cause muscle problems because it throws off your electrolytes. You can avoid this problem by making sure that you get enough potassium into your diet during the summer months. Bananas are a good source of potassium!

- **Eat seasonal produce.** Fresh, seasonal produce should form the bulk of your fruit/vegetable intake, and the summer is the best time of year for produce! some of the best and most flavorful foods come into season at this time. These items are wonderful for your body and a necessary addition to a healthy diet. Your local farmers’ market is a great place to start when looking for quality produce!