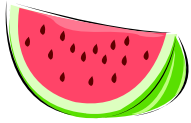
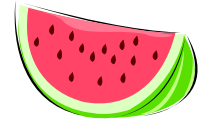


# Nutrition News You Can Use

August, 2010



## Hydrate Right



### Try these healthy snacks with 200 calories or less:

1 tbsp peanut butter on slices of a medium apple

Yogurt parfait: 4 ounces of light yogurt with 2 tbsp granola

One 6-inch flour tortilla with 1/4 c black beans & 2 tbsp fresh salsa

Fruit smoothie: blend 1 c skim milk, 1/2 c frozen berries & 1/2 banana

Mini-sandwich: whole-grain mini wheat bagel, 1 slice thin deli turkey, 1 slice low-fat cheese and mustard

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### Easy Ways to Stay Hydrated During Summer

Staying hydrated can be a challenge, especially during the hot summer days.

Here are five easy ways to increase your fluid intake:

- **Carry a reusable water bottle:** After you've emptied it, you'll be more likely to fill it back up if it's easily accessible.
- **Eat fruit or popsicles:** You don't have to just drink your water—you get fluids from what you eat as well. Fruits like watermelon and cantaloupe, have a high water content.
- **Give your water a twist:** Adding flavor to your water can make it easier to drink more. Drop in slices of lemon, lime, cucumber, or strawberries.
- **Sip throughout the day:** Little things add up and fluid intake is no exception.
- **Plan ahead:** If you are headed for a workout outside or an outing at the pool, make sure to pack plenty of fluids for the trip.

## Watermelon Popsicles

### Ingredients:

- Watermelon
- Chunks of fresh fruit (try grapes, strawberries, or kiwi)



### Directions:

Puree watermelon and pour into popsicle molds. Add chunks of fresh fruit, insert caps and place in the freezer. Serve when frozen.

*Celebrate National Watermelon Day on August 3rd!*