



5 Ways to Keep Your Health in Check this Summer!

1. Choose your Meats Wisely

Summer time usually means grilling time, but meat can be a major source of saturated fat in the diet, which can lead to weight gain and increase your risk of heart disease. So when choosing meat for your summer meals, make sure that it is lean! Lean options for the grill include skinless poultry, unprocessed pork products and your steaks should have as little marbling as possible. Try to stay away from highly processed foods like hotdogs and sausages; they are high in fat and full of salt. Your portion sizes still count in the summer too, so don't forget that 75g or 3oz of meat counts as one serving and is about the size of the palm of your hand.

2. Load up on Fresh Fruits and Veggies

During the summer season the grocery store and local markets are filled with inexpensive, fresh fruits and vegetables. Now is the time to load up on your vitamins and minerals by enjoying 7-10 servings of fruits and vegetables recommended by Canada's Food Guide to Healthy Eating. Try something new like veggies skewered on the BBQ or grilled pineapple salad!

3. Stay Hydrated Without the Fat and Calories

Iced Cappuccinos and other frozen concoctions become the craze when the hot weather comes, but these drinks can also pack on the pounds with fat and calories! When it comes to staying hydrated in the summer water is best. Most of us need a minimum of 6-8 cups of fluid per day, or more if it is hot or humid. Try to drink consistently throughout the day, and remember if you are thirsty, you are already partially dehydrated, so drink up! If you don't like plain water, adding some fresh lemon, lime or orange can add vitamins and tons of flavour to your drink.

4. Don't Let Weight Gain from Alcohol Creep Up On You!

Alcoholic beverages are also high in sugar, and full of 'empty calories' that provide little to no nutritional value. You can also choose light beer instead of regular (save 56 calories) or drink mixes that are lower in calories (such as diet cola instead of regular). But remember to control your intake and be responsible for a safe, fun summer!

5. Keep Active!

Summer gets busy with weddings, vacations and other events, but staying active should be a priority in the summer too! With the gorgeous weather there are lots of activities you can do outside from going for walks, to organizing an outdoor game of soccer or bocce ball. When travelling on the road, you can play a game of Frisbee at the rest stop, play games in the hotel pool or get a game of catch going on your campsite. Your heart and waistline will thank you for it!