

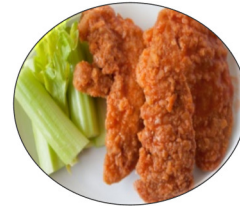
## Summer Patio Survival Guide

It's summertime again and what better way to enjoy the weather than to join friends at your local restaurant or bar and spend some time on the patio. We have some great tips for you on how to incorporate this into a healthy lifestyle so that you can enjoy this summer tradition while still staying committed to a healthy lifestyle!

### Eating on the Patio:

Here are some suggestions on your best bets for healthier menu options on the patio:

- Chicken tenders/fingers instead of chicken wings. This is especially true if they are baked and not fried. Ask for hot sauce on the side for that spicy kick!
- Sushi is usually one of the best healthy options out there, high in protein and low in fat but high in those great omega-3 fats!
- Bruschetta instead of garlic bread with cheese. Delicious, fresh tomatoes are perfect for the summer and high in vitamin C!
- Almost every restaurant serves spinach artichoke dip – ditch the greasy chips for baked pita and veggies and you won't feel like you are missing out at all!



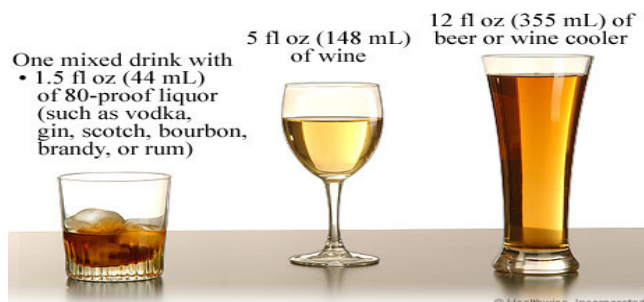
### Alcohol: To Drink or Not to Drink

Moderate drinking may provide some health benefits such as:

- Reduce your risk of developing heart disease
- Lower your risk of gallstones
- Possibly reduce your risk of stroke, particularly ischemic strokes.

However, the evidence about the possible benefits isn't certain and alcohol may not benefit everyone who drinks. People who are pregnant or trying to become pregnant, people who have alcoholism in their families, people with liver or pancreatic disease, people with weak hearts, people taking certain prescription medications, people with a family history of breast cancer and people with precancerous changes in your esophagus, larynx, pharynx or mouth should use alcohol with great care and after speaking with a health professional.

For most, the key to enjoying a few drinks is moderation. The 2010 Dietary Guidelines for Americans recommends up to one drink per day for women and up to two drinks per day for men. Examples of one drink include:



### Enjoy a Guilt-Free Cold One! Low Calorie Beer Options:

- *Molson Canadian 67 (67 calories per bottle)*
- *Bud Light Lime (116 calories per bottle and a great zesty lime flavour)*
- *Corona Light (99 calories and 5g carbs per bottle)*
- *Alexander Keith's Light Ale (100 calories per bottle)*
- *Bud Light (110 calories per bottle)*

Sources: [www.menshealth.com](http://www.menshealth.com), [www.mayoclinic.com](http://www.mayoclinic.com), [www.canadianliving.com](http://www.canadianliving.com)