
SUMMER SURVIVAL

3 tips for healthful and balanced summers

Make the Most of the Farmers' Market

It's fun and easy to explore new fruits and vegetables at a farmers' market or farm stand.

First of all, these places often stock new and interesting produce that can be harder to find at grocery stores, like garlic scapes or kohlrabi. Perhaps one of these lesser-known foods will become your new favorite fruit or vegetable!

Secondly, it's fun to talk with the farmers who run these booths. Many can help you find new foods based on your palate and flavor preferences, and most offer free samples of whatever they've got on hand, as long as you're really interested in it.

So the next time you see a farmers' market or stand, check it out!

3 Great Summer Tips:

Summer Survival Tip #1: Get Active & Hydrate Right

It's so much easier to get out and exercise when the weather is gorgeous. As you exercise outside, be sure to hydrate correctly. This usually means drinking water. Remember, MyPlate advises people to "choose water instead of sugary drinks."

Summer Survival Tip #2: Go for Fruits and Veggies

Lots of produce is at its peak during the summer months, so what better time is there to stock up and try new things? Consider dropping by a local farmers' market for a sneak peek at top summer produce.

Summer Survival Tip #3: Be Safe in the Sun

Most people need only 10-15 minutes of sun exposure to get enough vitamin D for the day. After that, the focus should be on protecting yourself from skin cancer.

