

Healthy Habits Fit into Summer Fun!

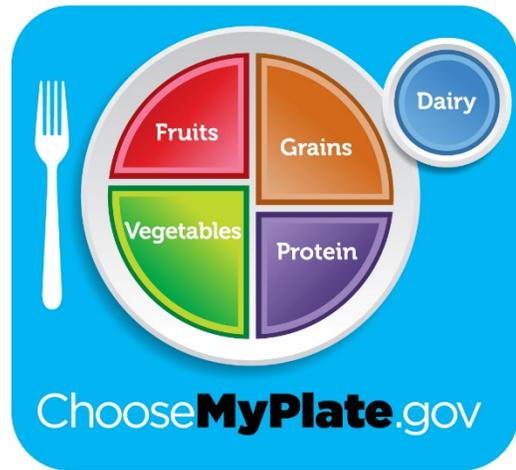
This summer is the perfect time to focus on good habits for weight maintenance that you can keep following all year long! Here you'll find recommendations and some cool tips to help you get started and keep going.



What is MyPlate?

MyPlate outlines the general recommendations for a healthy diet. It includes foods from each of the 5 food groups and outlines the amount of space on our plate each food group should take up at meals.

The MyPlate model is based on a 9-inch dinner plate. If you keep each food group to 1/4 of the plate, you can easily manage portion sizes!



6 Simple Ways to Start:

1. Focus on whole fruits

Add fruit to meals like breakfast by topping cereal with fruit, adding berries to pancakes, or mixing fruit into oatmeal.

2. Vary your veggies

Different colored vegetables have different nutrients, so cook and enjoy a variety of colorful veggies.

3. Mix up your protein routine

Try adding new proteins to your meals, including non-meat sources like beans, nuts, and seeds.

4. Make half your grains whole

Make some swaps like whole wheat bread instead of white bread, brown rice instead of white rice, and whole grain pasta.

5. Switch to low-fat dairy products

Move from whole or reduced-fat to low-fat or fat-free milk and yogurt.

6. Drink at eat less sodium, saturated fat, and added sugars

Cook your foods at home and read the nutrition label to help you compare foods and make the best choice for you.

Eat Fresh in Season Produce



You can buy healthy produce at the store year-round, but local, in season produce is fresher, packed with nutrients, supports local farmers, and it tastes even better.

With over 330 farmer's markets in Michigan, it's easy to buy local! Most locations also accept SNAP and WIC benefits.

What's in Season?

- Asparagus
- Beans
- Beets
- Blackberries
- Blueberries
- Broccoli
- Cherries
- Corn
- Garlic
- Mushrooms
- Onions
- Peaches
- Peas
- Peppers
- Raspberries
- Squash
- Strawberries
- Watermelon

Where is my local farmers market?

Ann Arbor

315 Detroit Street
Ann Arbor, MI 48104
Washtenaw County
Hours: 8AM - 3PM,
Wednesdays and
Saturdays Year Round

Canton

500 N. Ridge Road
Canton, MI 48188 Wayne
County
Hours: 9AM - 1PM,
Sundays May 13-Oct 14

Northville

Northville Downs parking
lot (7 Mile and Sheldon
Rd)
Northville, MI 48167
Wayne County
Hours: 8AM - 3PM,
Thursdays May 4-Oct 26

Ypsilanti

16 South Washington
Street
Ypsilanti, MI 48197
Washtenaw County
Hours: 3PM - 7PM,
Tuesdays Year Round

For a complete list of farmers markets in Michigan, visit:

<http://mifma.org/findafarmersmarket/>

Summer Produce Recipes

Grilled Fajita Vegetable Skewers

Makes 12 skewers

Ingredients

- 5 fresh corn cobs
- 3 zucchini
- 1 large red bell pepper
- 1 large red onion
- 8 ounces of brussels sprouts
- 8 ounces of mushrooms
- 1/2 cup of unsalted butter
- 1 packet of fajita seasoning mix
- 2 tablespoons of lemon juice
- 12 wooden or skewers



Directions

1. Soak wooden skewers in water for at least 30 minutes prior to grilling. Preheat grill to medium-low (325 degrees)
2. Cut corn into 1.5 inch rounds, zucchini into 1 inch rounds, peppers and onions into 1.5 inch squares
3. Put vegetables onto skewers in a random pattern
4. Melt butter. Stir in Fajita Seasoning mix and lemon juice
5. Grill for 20 minutes, rotating every 3 to 5 minutes to cook evenly
6. Remove skewers from heat and brush with fajita butter mixture
7. Serve warm

Fruit Ice Pops

Makes 5 popsicles

Ingredients

- 2 cups of fruit (blackberries, cherries, raspberries, blueberries, or strawberries)
- 1/4 cup of apple juice
- 1 tablespoon of honey

Directions

1. Combine ingredients in a blender until smooth
2. Pour into ice pop molds**
3. Place in freezer for at least 5 hours, or overnight.



**If you do not have ice pop molds, you can use 3-ounce plastic cups. Pour the mix into each cup, cover with foil, and insert popsicle stick through the center of the foil into the cup.

Balance Diet and Exercise

What you eat is only one piece of the puzzle when it comes to your overall health and weight management.

We get **energy** from foods we eat in the form of **calories**.

Extra calories that are not used are stored on our bodies as fat, and regularly eating more than we need can lead to unwanted weight gain.

Reducing calorie intake will lead to weight loss.

When eating less calories, remember to still eat a variety of healthy foods.

A diet should **never** be too restrictive or cut out whole food groups.

Remember: it's not just about the calories. Good nutrition counts too!

Health Apps

These free apps can help you stay on track by recording food and exercise and helping you set goals.

- MyFitnessPal
- SparkPeople Calorie Tracker
- Nike Training Club
- MapMyFitness
- Home Workout

For weight maintenance...

Energy In = Energy Out

MyPlate outlines the guidelines for a healthy, balanced diet. Using the plate method will help you to take foods from a variety of food groups and manage portion sizes.

Physical activity burns extra calories. Warm summer weather is the perfect time to add physical activity into your healthy, everyday routine.

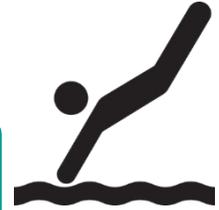
Tips to Get Started

1. **Start small.** Set realistic goals for yourself and increase exercise length, intensity, and frequency gradually to avoid injury.
2. **Make active choices during the day.** Take the stairs, walk during your lunch break, or bike to work.
3. **Mix it up.** It's easy to fall into a routine, so try different activities to work different muscles and add variety.
4. **Bring a friend.** Having support from friends or family will help you keep going. Join a local walking group, go to group classes at the gym, or play with the kids outside.
5. **Stay motivated.** Set goals and track your progress using a tracking app.
6. **Have fun!** Do activities you enjoy, it shouldn't feel like a chore.

Stick to Healthy Habits this Summer

Summer is always busy and HOT. Here are 10 tips and tricks to keep up your health routine during the summer, and some fun ways to make your already good habits fit into the summer season!

1. Workout in the water to beat the heat on hot days and go for a swim



2. Choose fresh fruits and veggies from your local farmers market to add flavor and variety to your meals

3. Take a day trip to the museum, zoo, or aquarium and spend hours walking without realizing it



4. When it's too hot outside, stay active indoors with an exercise video or a workout on your smartphone

5. Start a garden in your yard or community to exercise, grow healthy food, and connect with your neighbors



6. Plan a fun activity like a weekend hiking trip, a softball game with friends or family, or go on an evening walk

7. Choose healthy summer foods to stay energized following the MyPlate guidelines



8. Drink plenty of water during the day and with your workouts to stay hydrated especially when it's hot out

9. Do muscle building activities at least twice a week with push-ups, weight lifting, or outdoor work



10. Go for a walk or bike ride in the morning before the heat hits and enjoy the sunrise

References

What is MyPlate. ChooseMyPlate.gov.

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Schwartz JL, Vernarelli JA. Assessing the public's comprehension of dietary guidelines: use of MyPyramid or MyPlate is associated with healthier diets in US adults. *Journal of the Academy of Nutrition and Dietetics*. 2019; 119(3): 482-489.

Bardus M, Ali A, Demackieh F, Hamadeh G. Assessing the quality of mobile phone apps for weight management: user-centered study with employees from a Lebanese university. *JMIR Mhealth Uhealth*. 2019; 7(1): 1-17. DOI: 10.2196/mhealth.9836

Wilson P. Physical activity and dietary determinants of weight loss success in the US general population. *American Journal of Public Health*. 2016; 106(2): 321-326.

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Recipe Websites

Grilled Fajita Vegetable Skewers:

<https://www.aspicyperspective.com/grilled-fajita-vegetable-skewers/>

Fruit Ice Pops

<https://www.foodnetwork.com/recipes/fruit-ice-pops-recipe-2124327>

For more healthy eating tips, visit:

<http://www.med.umich.edu/pfans/services/tip.html>

Created by Ashley Blevins, Dietetic Intern

Patient Food and Nutrition Services

300 N. Ingalls Street

NIB N18E20

Ann Arbor, MI 48109-5407

(734) 936-5197



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN