

How to Eat This Summer Season!



Summer is here! When the temperature rises, we naturally want to eat less heavy, hot foods. That means it's time to enjoy the fresh fruits and veggies that are at their peak of flavor and abundance.

FRUIT TO COOL DOWN



In addition to providing much-needed vitamins, fruit can also help to cool our bodies. Their natural juices also help our bodies eliminate toxins and strengthen our immune systems.

ENJOY REFRESHING VEGGIES

Veggies are delicious when enjoyed cold and also provide a variety of benefits, such as antioxidants, fiber, and vitamins.



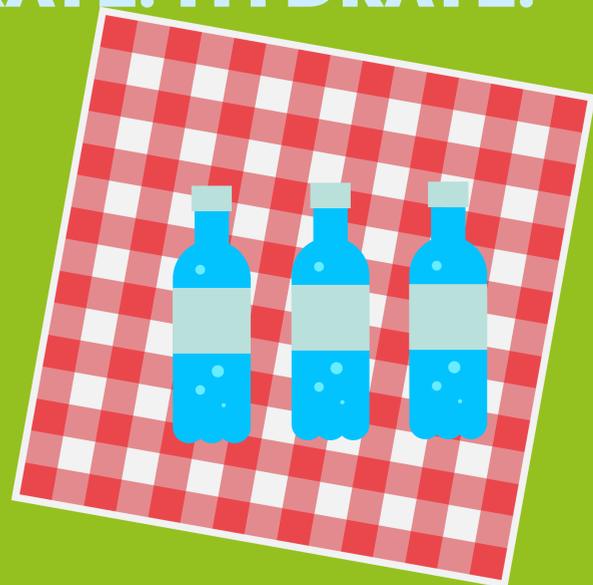
DON'T FORGET YOUR PROTEIN



Everyone enjoys a summer barbecue. In addition to hotdogs and hamburgers, consider adding fish to your menu. Salmon is a great choice and can be enjoyed hot or cold. For a protein snack, grab a hardboiled egg, a handful of nuts, or a refreshing yogurt.

HYDRATE. HYDRATE. HYDRATE.

Rising temperatures can be hard on our bodies. Remember to drink water throughout the day, even if you don't feel thirsty. Add fruit or mint for an extra summery flavor.



*Enjoy the summer's best at its freshest!
Your body will thank you for it!*

