Deciding what to eat in the heat can be a challenge. Here are some tips:

- When you cook, prepare extra for “planned leftovers”. Put some in the freezer to use on another day.

- Plan ahead, if the forecast is “hot”, cook early in the day and use a microwave or toaster oven if possible.

- Smoothies are a great way to cool down. Add frozen fruit, yogurt, peanut butter, milk or juice to a blender and blend until smooth.

- Frozen vegetables are somewhat “pre-cooked”. Thawing may be all that is needed for use in a salad.

- Combine leftovers. Meat, fish, poultry + potato, pasta, rice + vegetable and mix with a little light mayonnaise or salad dressing for a nutritious meal.

- If purchasing a frozen meal, look for one with no more than 600mg sodium and at least 15 grams protein. Add a side of fruit and/or vegetables and a glass of milk to complete the meal.

- Eat hot meals earlier in the day and use cooler meals for supper. A light supper could be simple: Whole wheat toast, peanut butter, fruit, milk; Cottage cheese, fruit, whole grain crackers; or Tuna on wheat bread, fruit, milk.

Keep these foods on hand as they need little preparation:

- Canned Tuna/Salmon
- Cottage Cheese/Sliced Cheese
- Low-sodium Luncheon Meats
- Hummus
- Cold Cereal
- Whole Grain Breads/Crackers
- Frozen Waffles
- Frozen Vegetables
- Salad Dressings, Olive Oil, Vinegar
- Peanut Butter/Nuts
- Milk/Yogurt
- Canned Beans: Chickpeas, Kidney Beans, etc.
- Whole Wheat Pasta
- Whole Wheat Couscous
- Fruits - Fresh/Canned/Frozen

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