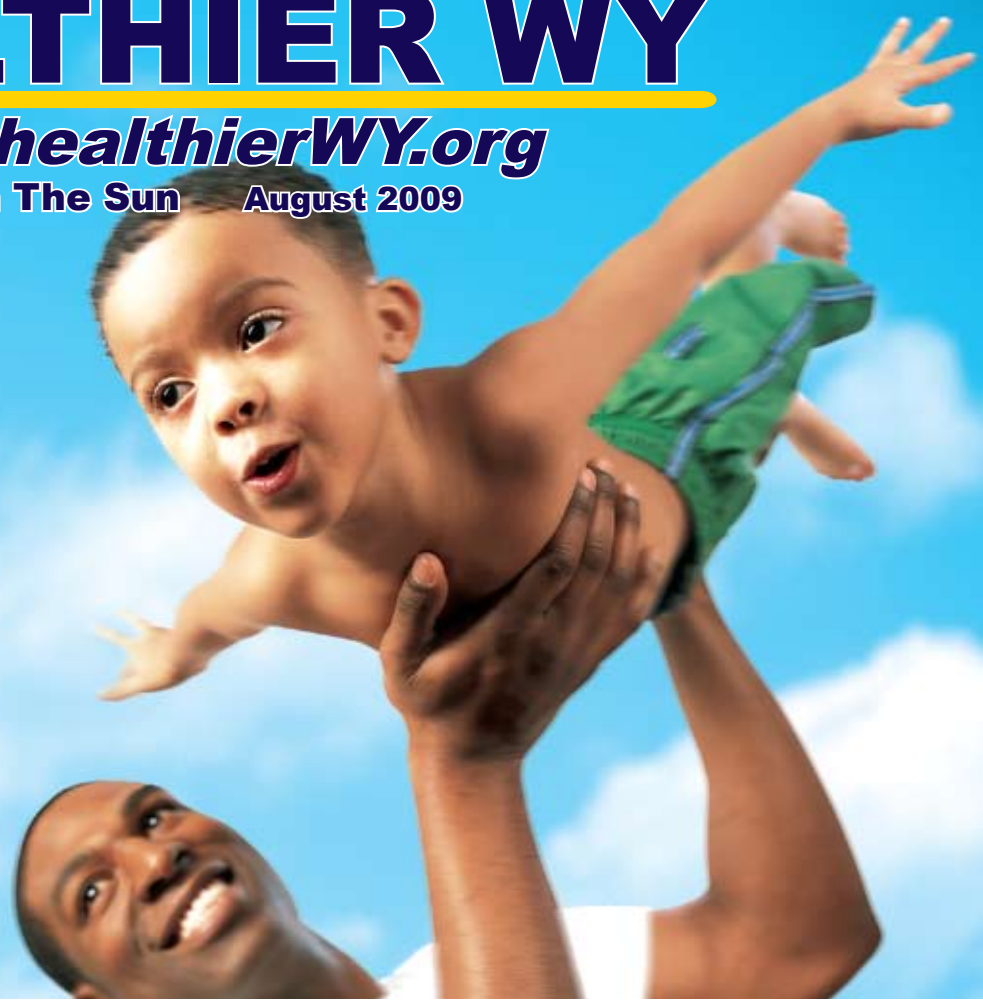
HEALTHIER WY

www.healthierWY.org

Fun In The Sun August 2009



health matters

EDUCATE ENGAGE EMPOWER

CREATING A CULTURE OF WELLNESS

TABLE OF CONTENTS

August 3
Fresh Hawaiian Smoothie

August 4
Frozen Blueberry Smoothie

August 5
Fruity Smoothie Spritz

August 6
Ruby Red Grapefruit Smoothie

August 7
Spiced Banana Orange Smoothie

August 10
Triple Melon Smoothie

August 11
Very Berry Smoothie

August 12
Strawberry Smoothie

August 13
Berry Blast Smoothie

August 14
Power Gold Smoothie

August 17
Black and Blue Berry

August 18
Fig Banana Smoothie

August 19
Lo-Cal Banana Milk Shake

August 20
Paradise Freeze

August 21
Quick & Creamy Grape-Orange Shake

August 24
Raspberry Smoothie

August 25
Strawberry Yogurt Shake

August 26
Blueberry Smoothie

August 27
Juicy Tomato Smoothie

August 28
Orange-Banana Smoothie

August 31
Orange-Strawberry Juice Froth

Wyoming

August 3, 2009

Drink 40 ounces of H2O & Play It Safe
The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), cotton clothing with a tight weave, and sunscreen. Sunscreen should be applied 30 minutes before going outdoors and reapplied at least every two hours. Use water-resistant sunscreen with a sun protection factor (SPF) of 15 or higher. If you get a mild sunburn, you can help take the heat out of your skin by using a cold cloth laid over the area and a fan. Painkillers like aspirin or paracetamol can be used as well to help relieve pain. There are also lots of after-sun creams and lotions available. The best ones contain calamine or aloe vera. Avoid greasy creams as these tend to trap the heat.

Smoothie Recipe - Fresh Hawaiian Smoothie (makes 2 servings)
Ingredients:
1/2 cup mango, fresh or frozen
1/2 cup cantaloupe, fresh or frozen
1 cup strawberries, fresh or frozen
1 cup pineapple juice (or more to thin)

Directions: 1. Place all ingredients in a blender and blend for 10 seconds or until smooth. NUTRITION FACTS: Serving Size: 1/2 of recipe (283 g) Servings Per Recipe: 2 Amount per serving Calories 143 Calories from fat 5 Total Fat 1 g Saturated Fat 0 g Cholesterol 0 mg Sodium 6 mg Total Carbohydrates 35 g Dietary Fiber 3 g Sugars 0 g Protein 1 g Vitamin A 60% Vitamin C 140% Calcium 4% Iron 4%

August 4, 2009

Drink 40 ounces of H2O & Play It Safe
Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing. In 2004, more than 80,000 people were hospitalized for lawn mower injuries. The annual rate of lawn mower injuries is about half that of firearms. Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.

Smoothie Recipe - Frozen Blueberry Smoothie (makes 2 servings)
Ingredients:
1/2 cup frozen blueberries (unthawed)
1/2 cup low-fat vanilla yogurt
1/2 cup skim or 1% milk
2 tablespoons honey
2-3 ice cubes (optional)

Directions: 1. Combine all ingredients in a blender and blend until smooth or to desired consistency then serve in glasses. NUTRITION FACTS: Serving Size: 1/2 of recipe (182 g) Servings Per Recipe: 2 Amount per serving Calories 161 Calories from fat 11 Total Fat 1 g Saturated Fat 1 g Cholesterol 4 mg Sodium 78 mg Total Carbohydrates 34 g Dietary Fiber 1 g Sugars 17 g Protein 6 g Vitamin A 4% Vitamin C 4% Calcium 20% Iron 0%

August 5, 2009

Drink 40 ounces of H2O & Play It Safe
Exposure to the sun's ultraviolet (UV) rays appears to be the most important environmental factor in developing skin cancer. This makes skin cancer a largely preventable disease when sun protective practices and behaviors are consistently applied and used. Be on the alert for warning signs, including a mole that hurts, itches, bleeds or changes in size or color. Individuals should also watch out for a sore that won't heal. UV rays from artificial sources of light, such as tanning beds and sun lamps are just as dangerous as those from the sun, and should also be avoided. Unfortunately, despite the fact that both tanning and burning can increase one's risk of skin cancer, most Americans do not protect themselves from UV rays.

Smoothie Recipe - Fruity Smoothie Spritz
(makes 1 serving)
Ingredients:
1/2 cup plain, nonfat yogurt
1/2 cup blueberries
1/2 cup chopped bananas (preferably peeled and frozen in advance)
1/4 teaspoon cinnamon, nutmeg or allspice
Ice
1/2 cup chilled, unflavored seltzer water or club soda

Directions: 1. Add yogurt, fruit and spice to a blender and blend until smooth or to desired consistency. 2. Pour mixture into a tall glass filled with ice. 3. Pour seltzer water or club soda on top of smoothie and gently stir to mix. * Note: You can use any combination of fruits in season for this recipe. NUTRITION FACTS: Serving Size: 1 smoothie (548 g) Servings Per Recipe: 1 Amount per serving Calories 279 Calories from fat 5 Total Fat 1 g Saturated Fat 0 g Trans Fat 0 g Cholesterol 5 mg Sodium 215 mg Total Carbohydrates 55 g Dietary Fiber 5 g Sugars 40 g Protein 16 g Vitamin A 2% Vitamin C 30% Calcium 50% Iron 4%

August 6, 2009

Drink 40 ounces of H2O & Play It Safe
Although anyone can get skin cancer, individuals with certain risk factors are particularly susceptible. The following increase a person's risk of developing skin cancer:

- **Light skin color, hair color or eye color**
- **Family history of skin cancer**
- **Personal history of skin cancer**
- **Chronic exposure to the sun**
- **History of sunburns early in life**
- **Certain types and a large number of moles**
- **Freckles, which indicate sun sensitivity and sun damage**

Smoothie Recipe - Ruby Red Grapefruit Smoothie
(makes 2 servings)
Ingredients:
1 large pink or ruby red grapefruit
1/2 cup cold water (preferably refrigerated)
1/2 cup plain nonfat yogurt
1 tablespoon honey
3-4 ice cubes
Fresh mint, chopped for garnish (optional)

Directions: 1. Peel grapefruit and remove as much pith as possible. Divide the sections and remove any seeds. 2. Add grapefruit sections and water to a blender and blend until smooth. Add the yogurt, honey and ice then process until smooth or to desired consistency. 3. Pour into tall glasses and serve garnished with mint. NUTRITION FACTS: Serving Size: 1/2 of recipe (195 g) Servings Per Recipe: 2 Amount per serving Calories 103 Calories from fat 2 Total Fat 0 g Saturated Fat 0 g Cholesterol 0 g Sodium 48 mg Total Carbohydrates 23 g Dietary Fiber 1 g Sugars 13 g Protein 4 g Vitamin A 6% Vitamin C 75% Calcium 15% Iron 0%

August 7, 2009

Drink 40 ounces of H2O & Play It Safe
Use insect repellent on exposed skin when you go outdoors. Use an EPA-registered insect repellent such as those with DEET, picaridin or oil of lemon eucalyptus. Even a short time being outdoors can be long enough to get a mosquito bite. Get double protection: wear long sleeves during peak mosquito biting hours, and spray repellent directly onto your clothes. DEET should not be used on children under two months of age.

Smoothie Recipe - Spiced Banana Orange Smoothie (makes 2 servings)
Ingredients:
1 medium banana, peeled and cut into chunks
1 large seedless orange, peeled and sliced
2 cups plain or vanilla-flavored soy milk
1 teaspoon powdered ginger
3 or 4 ice cubes

Directions: 1. Place all ingredients except ice cubes in blender. Cover and blend on high speed for 15 seconds or until smooth. 2. Add ice cubes, cover and blend for 15 seconds more or until well blended. 3. Serve immediately. NUTRITION FACTS: Serving Size: 1/2 of recipe (261 g) Servings Per Recipe: 2 Amount per serving Calories 118 Calories from fat 30 Total Fat 3 g Saturated Fat 0 g Cholesterol 0 mg Sodium 20 mg Total Carbohydrates 19 g Dietary Fiber 5 g Sugars 0 g Protein 5 g Vitamin A 4% Vitamin C 60% Calcium 4% Iron 6%

August 10, 2009

Drink 40 ounces of H2O & Play It Safe
The two greatest risks from most insect stings and bites are allergic reaction (which may occasionally be fatal) and infection (more likely and less serious). To keep bees away, wear light-colored clothing and avoid scented soaps and perfumes. Don't leave food, drinks, and garbage out uncovered. Treat a bee sting by scraping the stinger away in a side-to-side motion with a credit card or fingernail, and then washing the area with soap and water. Pulling the stinger or using tweezers may push more venom into the skin. For any bug bite or sting, ice or a cold compress and OTC pain-relieving creams or oral medications can help.

Smoothie Recipe - Triple Melon Smoothie (makes 2 servings)
Ingredients:
1 cup low-fat peach yogurt
1 cup 1% milk
1/2 cup seedless watermelon, chopped
1/2 cup cantaloupe, chopped
1/2 cup honeydew melon, chopped
4 ice cubes

Directions: 1. Put yogurt, milk and watermelon in blender and blend on high for 20 seconds. 2. Add cantaloupe, honeydew melon and ice cubes and blend on high for 45 seconds or to desired consistency. NUTRITION FACTS: Serving Size: 1/2 of recipe (358 g) Servings Per Recipe: 2 Amount per serving Calories 205 Calories from fat 26 Total Fat 3 g Saturated Fat 2 g Cholesterol 10 mg Sodium 131 mg Total Carbohydrates 37 g Dietary Fiber 1 g Sugars 0 g Protein 9 g Vitamin A 35% Vitamin C 55% Calcium 30% Iron 2%

August 11, 2009

Drink 40 ounces of H2O & Play It Safe
Heat cramps occur as your body loses water and electrolytes (minerals in your body) through excessive sweating. Once you've become thirsty, your body is telling you that you're already dehydrated, so don't wait until you're thirsty — start treating fluid intake as a preventative measure. Consider drinking water, sports drinks, such as Gatorade, or juice in order to replace lost electrolytes. Be sure to check with your doctor before drinking sports drinks if you are on a low sodium diet.

Smoothie Recipe - Very Berry Smoothie
(makes 4 servings)
Ingredients:
2 cups orange juice
1 cup low or non-fat vanilla yogurt
2 small (or 1 large) ripe bananas
1 cup berries (fresh or frozen) -- strawberries, blackberries, and raspberries work well.

Directions: 1. Place all ingredients in a blender. 2. Blend for about 10 seconds or until all ingredients are smooth. NUTRITION FACTS: Serving Size: 1/4 of recipe (269 g) Servings Per Recipe: 4 Amount per serving Calories 164 Calories from fat 10 Total Fat 1 g Saturated Fat 1 g Cholesterol 3 mg Sodium 40 mg Total Carbohydrates 36 g Dietary Fiber 2 g Sugars 0 g Protein 4 g Vitamin A 4% Vitamin C 115% Calcium 10% Iron 4%

August 12, 2009

Drink 40 ounces of H2O & Play It Safe
To avoid heat stress, clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated garments should be replaced by dry garments. Stay in the shade whenever possible, and avoid sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.

Smoothie Recipe - Strawberry Smoothie
Makes 4 servings
INGREDIENTS
1 carton (8 ounces) plain nonfat yogurt
1/4 cup fat-free milk
3 packets sugar substitute
3 cups frozen unsweetened strawberries
1 cup ice cubes

Nutrition information per serving: Calories: 79 Carbohydrate: 15 g Protein: 5 g Total Fat: 1 g Cholesterol: 1 mg Sodium: 54 mg PREPARATION 1. Combine yogurt, milk, and sugar substitute in blender container. 2. With blender running add berries, a few at a time through opening in lid. 3. Blend until smooth. Add ice cubes one at a time blending until smooth.

August 13, 2009

Drink 40 ounces of H2O & Play It Safe
Heat-related deaths are preventable. People need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death. The elderly, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather. Air-conditioning is the number one protective factor against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned.

Smoothie Recipe - Berry Blast Smoothie
Preparation Time: 5 minutes
# of Servings: 8
Cups of F & V Per Person: 1
Serving Size: 1/8 recipe

Ingredients:
2 cups blueberries
2 cups raspberries
2 cups strawberries
2 cups blackberries
1 cup cran-raspberry juice
1 cup low fat blueberry yogurt
2 cups ice

Directions: Place all items into blender and blend until smooth. Serve immediately. Nutritional Facts Calories 100 Total fat 1g Saturated fat 0g Cholesterol 0g Sodium 20g Total Carbohydrates 25g Dietary fiber 6g Sugar 12g Protein 2g

---

August 14, 2009

Drink 40 ounces of H2O & Play It Safe
All vessels, except sailboards, must have at least one USCG-approved PFD (life jacket) of the proper size for each person onboard or towed. Children under 12 years old must wear a USCG-approved PFD whenever underway in a vessel, unless in a fully enclosed area. Each person onboard a personal watercraft or anyone being towed behind a vessel must wear a USCG-approved PFD. Inflatable PFDs are not approved for these activities.

Smoothie Recipe - Power Gold Smoothie
2 cups chopped or grated carrots
11/2 c. pineapple juice
1 cup fresh orange juice
3 tblsp. honey
1/2 c. vanilla yogurt
3-4 ice cubes

1. Place only chopped or grated carrots in blender and turn on HIGH. Through lid, slowly drizzle in about 2 to 3 tablespoons of the pineapple juice, allowing the carrots to be pureed until smooth. 2. Slowly pour in remaining juice with honey. Allow to blend until smooth and somewhat frothy; then with blender on HIGH, add ice cubes. Blend until ice cubes are blended smooth. Stop blender, add yogurt, return lid and blend until thoroughly mixed. 3. Pour into chilled glasses and enjoy a great taste with power and energy. Makes 4-10oz. glasses. Per serving: Calories 180 Total Fat 0 g Saturated Fat 0 g Cholesterol 0mg Sodium 40 mg Carbs 43g Dietary Fiber 2g Protein 3g

August 17, 2009

Drink 40 ounces of H2O & Play It Safe
In 2005, there were 3,582 fatal unintentional drownings in the United States, averaging ten deaths per day. An additional 710 people died, from drowning and other causes, in boating-related incidents. More than one in four fatal drowning victims are children 14 and younger. For every child who dies from drowning, another four received emergency department care for nonfatal submersion injuries. If you own a pool or hot tub, consider installing a gate, fence or other barrier to the water. Never leave your child unsupervised near a pool, even if they know how to swim. Appoint "designated watchers" at any social gatherings where children are outside near a pool or body of water. Learn CPR - and if possible, make sure all babysitters and other caretakers also know CPR.

Smoothie Recipe - Black and Blue Berry Smoothie
Recipe Summary:
Preparation Time: 10 minutes
Number of Servings: 4
Cups of Fruits and Vegetables Per Person: 1.0
Ingredients: 2 cups blackberries
2 cups blueberries
1 cup fat free plain yogurt
1 cup fat free milk
1 tsp vanilla extract
2 cups ice

Directions: Place all ingredients into blender and blend until smooth. Serve immediately. Nutrition Facts Black and Blue Berry Smoothie Serving Size 1/4 of recipe Amount Per Serving Calories 120 Calories from Fat 5 % Daily Value (DV)* Total Fat 1g 1% Saturated Fat 0g 0% Cholesterol 2mg 0% Sodium 70mg 3% Total Carbohydrate 26g 8% Dietary Fiber 5g 20% Sugars 17g Protein 6g Vitamin A 10% Vitamin C 40% Calcium 15% Iron 4% * Percent Daily Values are based on a 2,000 calorie diet.

August 18, 2009

Drink 40 ounces of H2O & Play It Safe
Never dive in unknown waters - check for submerged or floating obstacles. Check to see if the water level has changed since the last time you dived. Always keep hands in front of your head. On reaching the water, steer up immediately with hands and head up. Keep back arched. Still water doesn't always run deep, look before you leap. The American Red Cross recommends 9 feet as a minimum depth for diving or jumping.

Smoothie Recipe - Fig Banana Smoothie
Recipe Summary:
Preparation Time: 15 minutes
Number of Servings: 4
Cups of Fruits and Vegetables Per Person: 1.0
Ingredients: 1 cup chopped dried figs (stems removed)
1 cup 1-inch banana slices
1 cup plain non-fat yogurt
3 cups crushed ice
1 Tbsp honey
mint leaf or berry garnish

Directions: Place all ingredients except garnish in a blender (not a food processor), and blend until smooth, approximately 2-3 minutes. Strain liquid and pour into tall, chilled glasses. Add garnish. Nutrition Facts Fig Banana Smoothie Serving Size 1/4 of recipe Amount Per Serving Calories 200 Calories from Fat 5 % Daily Value (DV)* Total Fat 1g 1% Saturated Fat 0g 0% Cholesterol 0mg 0% Sodium 40mg 2% Total Carbohydrate 49g 16% Dietary Fiber 6g 24% Sugars 36g Protein 5g Vitamin A 6% Vitamin C 10% Calcium 15% Iron 6% * Percent Daily Values are based on a 2,000 calorie diet.

August 19, 2009

Drink 40 ounces of H2O & Play It Safe It is better to crash into a nap...than to nap into a crash. Drive with reason this summer season and buckle up! Seat belts must be used properly by all occupants in a vehicle. Children under age 6 who weigh less than 60 pounds must be in an approved child restraint system that's properly installed.

Smoothie Recipe - Lo-Cal Banana Milk Shake
Recipe Summary:
Preparation Time: 5 minutes
Number of Servings: 1
Cups of Fruits and Vegetables Per Person: 0.5
Ingredients: 1/4 cup non-fat dried milk
3/4 cup water
1 ripe banana
4 ice cubes

Directions: Combine all ingredients in electric blender. Cover and mix on high speed until thick and smooth. Nutrition Facts Lo-Cal Banana Milk Shake Serving Size 1 recipe Amount Per Serving Calories 170 Calories from Fat 5 % Daily Value (DV)* Total Fat 0g 0% Saturated Fat 0g 0% Cholesterol 0mg 0% Sodium 105mg 4% Total Carbohydrate 36g 12% Dietary Fiber 3g 12% Sugars 24g Protein 7g Vitamin A 10% Vitamin C 20% Calcium 25% Iron 2% * Percent Daily Values are based on a 2,000 calorie diet.

August 20, 2009

Drink 40 ounces of H2O & Play It Safe Bicycles have all of the rights and responsibilities of a motor vehicle when ridden in traffic. Cyclists are required to signal and obey traffic laws. Bicyclists must make themselves and their bikes more visible. Wear brightly colored clothing. A reflective vest or tape sewn on clothing makes you far more visible at night. Never ride at dusk or night unless your bicycle has a white headlight and a red tail light or reflector in the back.

Smoothie Recipe - Paradise Freeze
Recipe Summary:
Preparation Time: 10 minutes
Number of Servings: 4
Cups of Fruits and Vegetables Per Person: 1.5
Ingredients: 2 large, ripe bananas
2 cups strawberries
1 ripe mango, cubed
2 cups cranberry juice
12 ice cubes

Directions: Combine all ingredients in blender or food processor container. Cover; blend until thick and smooth. Nutrition Facts Paradise Freeze Serving Size 1/4 recipe Amount Per Serving Calories 180 Calories from Fat 5 % Daily Value (DV)* Total Fat 1g 1% Saturated Fat 0g 0% Cholesterol 0mg 0% Sodium 5mg 0% Total Carbohydrate 45g 15% Dietary Fiber 4g 16% Sugars 35g Protein 2g Vitamin A 10% Vitamin C 120% Calcium 4% Iron 4% * Percent Daily Values are based on a 2,000 calorie diet.

August 21, 2009

Drink 40 ounces of H2O & Play It Safe Wash your hands often with soap and water when traveling. If soap and water are not available, use alcohol-based hand gel (with at least 60% alcohol) to clean your hands. Drink only bottled water or carbonated drinks from sources you trust. Eat only fully cooked food and fruits and vegetables you have peeled.

Smoothie Recipe - Quick & Creamy Grape-Orange Shake
Recipe Summary:
Preparation Time: 10 minutes
Number of Servings: 4
Cups of Fruits and Vegetables Per Person: 1.0
Ingredients: 2 cups red or green grapes, halved and seeded
2 bananas, peeled
2 oranges, peeled and quartered
12 to 16 ice cubes, crushed

Directions: Place grapes, bananas, oranges, and ice in blender. Blend until smooth. Serve immediately. Nutrition Facts Quick & Creamy Grape-Orange Shake Serving Size 1/4 of recipe Amount Per Serving Calories 140 Calories from Fat 5 % Daily Value (DV)* Total Fat 0g 0% Saturated Fat 0g 0% Cholesterol 0mg 0% Sodium 0mg 0% Total Carbohydrate 37g 12% Dietary Fiber 4g 16% Sugars 26g Protein 2g Vitamin A 6% Vitamin C 90% Calcium 4% Iron 2% * Percent Daily Values are based on a 2,000 calorie diet.

August 24, 2009

Drink 40 ounces of H2O & Play It Safe Avoid collisions arising from the use of cell phones. If there are passengers in the vehicle, let one of them take or make the call. If you have to make or receive a call, look for a safe opportunity to pull over and park. If for some reason you have no alternative but to use a cellular phone while driving, here are some safety tips:

Use only a speakerphone or a hands-free phone. Make sure you put on the hands-free accessories before you start driving. Remember hands-free is not risk-free.

It's good etiquette to ask a caller to hold until you can park, or to say you'll return the call as soon as it's safe to do so.

Smoothie Recipe - Raspberry Smoothie
Recipe Summary:
Preparation Time: 5 minutes
Number of Servings: 1
Cups of Fruits and Vegetables Per Person: 1.5
Ingredients:
1 cup unsweetened, frozen raspberries
3/4 cup 100% orange juice
1/2 cup plain low-fat yogurt

Directions: Blend all ingredients well in blender, and drink! Variations •Frozen strawberries, blueberries, mixed berries, mango, or peaches Pineapple juice, orange-tangerine juice, and other 100 percent juice blends Nutrition Facts Raspberry Smoothie Serving Size 1 recipe Amount Per Serving Calories 240 Calories from Fat 5 % Daily Value (DV)* Total Fat 0g 0% Saturated Fat 0g 0% Cholesterol 0mg 0% Sodium 70mg 3% Total Carbohydrate 52g 17% Dietary Fiber 4g 16% Sugars 35g Protein 8g Vitamin A 20% Vitamin C 240% Calcium 20% Iron 8% * Percent Daily Values are based on a 2,000 calorie diet.

August 25, 2009

Drink 40 ounces of H2O & Play It Safe
Many people do not think about food safety until a food-related illness affects them or a family member. While the food supply in the United States is one of the safest in the world, CDC estimates that 76 million people get sick, more than 300,000 are hospitalized, and 5,000 Americans die each year from foodborne illness. Preventing foodborne illness and death remains a major public health challenge.

Smoothie Recipe - Strawberry Yogurt Shake
Recipe Summary:
Preparation Time: 10 minutes
Number of Servings: 2
Cups of Fruits and Vegetables Per Person: 2.0
Ingredients: 1/2 cup unsweetened pineapple juice
3/4 cup plain low fat yogurt
1-1/2 cups frozen, unsweetened strawberries
1 tsp granulated sugar

Directions: Add ingredients, in order listed, to blender container. Puree at medium speed, until thick and smooth. Nutrition Facts Strawberry Yogurt Shake Serving Size 1/2 of recipe Amount Per Serving Calories 140 Calories from Fat 15 % Daily Value (DV)* Total Fat 2g 2% Saturated Fat 1g 5% Cholesterol 5mg 2% Sodium 65mg 3% Total Carbohydrate 27g 9% Dietary Fiber 2g 8% Sugars 22g Protein 6g Vitamin A 2% Vitamin C 90% Calcium 20% Iron 6% * Percent Daily Values are based on a 2,000 calorie diet.

August 26, 2009

Drink 40 ounces of H2O & Play It Safe
When you are packing food for a picnic, place cold food in a cooler with plenty of ice or commercial freezing gels. Cold food should be held at or below 40 degrees F and the cooler should be stored in shade. Hot food should be wrapped well, placed in an insulated container, and kept at or above 140 degrees F.

Smoothie Recipe - Blueberry Smoothie
1/2 cup chilled skim milk
1 packet of artificial sweetener
1/2 teaspoon vanilla
1 cup blueberries

Put first three ingredients into a blender. Add blueberries a few at a time and whirl after each addition until thick and creamy. Makes one serving. To make it "frosty" use frozen blueberries. Nutritional Information (1 serving): Calories: 189 Carbohydrates: 35 grams Protein: 12 grams Fat: 1 gram Saturated fat: trace Cholesterol: 5 mg Fiber: 4 gram Sodium: 156 mg Potassium: 553 mg Calcium: 379 mg Exchanges: 1 1/2 fruit, 1 skim milk

August 27, 2009

Drink 40 ounces of H2O & Play It Safe
Always wash your hands before and after handling raw meat, and wash all utensils, countertops and cutting boards immediately after touching raw meat. Thaw out frozen meat in the refrigerator, microwave or in cold water (if in sealed bags) - never at room temperature. Make sure the meat is completely defrosted to ensure even cooking. Grill the meat immediately after it has finished defrosting.

Smoothie Recipe - Juicy Tomato Smoothie
Ingredients:
3 cups tomatoes, chopped
1 cup no sodium tomato juice
1 cup apple juice
1 cup carrots, sliced
1 cup celery, chopped
1 tsp. onion, minced
1 cup ice

Place all ingredients into blender and blend until smooth. Serve immediately. Serves 4 Nutrient Analysis per serving Calories 90 Protein 2 g Fat 1 g Carbohydrate 20 g Sodium 95 mg Cholesterol 0 mg

---

August 28, 2009

Drink 40 ounces of H2O & Play It Safe
To prevent blisters on a hike, try spraying your feet with an anti-perspirant before heading out. Bring extra pairs of socks that you can change into if your feet get wet or sweaty — if they aren't made of cotton, they'll keep your feet drier. Once you're on the trail, stop as soon as you feel a "hot spot" on your feet and apply a "moleskin" bandage to the sore area. Also, try using a hiking stick to keep some pressure off of your legs and knees.

Smoothie Recipe - Orange-Banana Smoothie
A refreshing quick breakfast or light snack on a warm day, with a good dose of vitamin C.
Ingredients:
1 cup orange juice
1 small, ripe banana
1/4 cup instant non-fat milk powder
1/2 cup ice cubes
1/4 cup club soda

In blender, process orange juice, banana, milk powder and ice cubes until mixture is thick and ice cubes are crushed. Add club soda, stir and serve immediately. Makes 2 servings Nutritional information per serving: Calories 130 Fat .5 g Protein 4 g Carbs 27 g Fiber 2 g Sodium 55 mg

August 31, 2009

Drink 44 ounces of H2O & Play It Safe One of the best ways to stay safe this summer is to wear a helmet and other safety gear when biking and when riding scooters, all-terrain vehicles, and horses. Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85 percent.

Smoothie Recipe - Orange-Strawberry Juice Froth Ingredients:
2 cups orange juice
1 1/2 cups apricot nectar
1 cup frozen, sweetened strawberries

In blender, process ingredients for about 20 seconds, or until smooth and frothy. Serve immediately. Serves 6 Nutrient Analysis per serving Calories 114 kcal Protein 1 g Fat 0 g Carbohydrate 29 g Sodium 4 mg Cholesterol 0 mg