



FUN IN THE SUN!

The summer is officially here! We hope you are enjoying the warm weather and taking part in fun, healthy activities. Whether you are swimming at the beach, going for a walk, hiking, or trying out a new recipe, the options for healthy summer activities are endless.

Over the next few months, we will be featuring various articles, recipes, tips, and tricks to help

guide you as you work to accomplish or maintain your health and wellness goals this summer.

If you have any suggestions or topics you would like to see in future newsletters, contact the Campus Dietitian at cholland@framingham.edu. We would love to hear your input!



FSU Dining Services Team

FOOD HOLIDAYS

June 3rd National Egg Day

June 10th National Herbs & Spices Day

June 17th National Eat Your Vegetables Day

National Iced Tea Month

National Fresh Fruit & Vegetable Month

National Men's Health Month

FRESH FRUIT & VEGETABLE MONTH

Did you know June is National Fresh Fruit & Vegetable Month? There is no better way to celebrate than by consuming more fruits and vegetables! It is recommended adults over the age of 18 consume 1 ¹/₂ - 2 cups of fruit per day and 2 ¹/₂ - 3 cups of vegetables per day. For most adults, it is easy to consume the daily fruit target. On the other hand, consuming the recommended amount of vegetables can be challenging. To help you meet your vegetable intake this summer try some of the following tips:

- 1 Get Grilling** Add diced vegetables to your homemade burgers. Better yet, make your own black bean and veggie burgers! For a nutritious side, grill up kabobs made of a variety of colored vegetables.
- 2 Be Creative at Breakfast** Add veggies to your eggs! Try a vegetable omelet, southwestern scrambled eggs with tomatoes, onions, and peppers, or an egg sandwich topped with spinach.
- 3 Switch Up Your Snacks** Try roasted chickpeas as a crunchy alternative to chips or make your own hummus and enjoy with vegetable sticks.
- 4 Rethink Your Beverages** Keep cool during the summer with a refreshing smoothie. Add leafy greens like spinach or kale for a veggie boost.
- 5 Be Adventurous** Aim to try one new veggie a week! Summer in New England is a great time to try local produce. Join a CSA or visit a farmer's market to try vegetables local to your area.
- 6 Add a New Texture** Add variety to sandwiches by using unique vegetables. Cucumbers, peppers, or shaved carrots add a texture your taste buds will enjoy. Try mashed avocado or salsa as a spread for added flavor.



CAROLYN'S CORNER

The summer months are a great time to focus on your health and wellness. An easy way to improve your overall health is to make small changes to your diet. Healthy food swaps can save you calories, fat, and sodium while still maintaining the flavor and textures you enjoy. Take a look at our favorite food swaps. Remember, small changes can add up to big results!

Cauliflower Rice

A great substitute for traditional rice! If you are new to cauliflower rice, try mixing $\frac{1}{2}$ regular rice and $\frac{1}{2}$ cauliflower rice. Slowly increase the amount of cauliflower rice and decrease traditional rice until your taste buds adjust. Find at the store or make your own by grating a head of cauliflower.

Zoodles

Zoodles, or zucchini noodles, are a great veggie option that can replace pasta. If you are new to zoodles, try consuming $\frac{1}{2}$ regular pasta and $\frac{1}{2}$ zoodles. Slowly increase the amount of zoodles and decrease traditional pasta until your taste buds adjust.

Greek Yogurt

Plain Greek yogurt is a great substitute for sour cream or mayonnaise. Make your own vegetable dip by using Greek yogurt, lemon juice, and fresh herbs. You can also swap out the mayo in chicken salad. Add herbs, spices, and lemon juice to taste!

GUACAMOLE

In honor of National Fruit and Vegetable Month, try adding more fruits and veggies to your diet. Get busy in the kitchen and make your own veggie filled dish. A great option for the summer is guacamole! Our Mindful recipe contains avocado, plus green peas to up your veggie intake. Try guacamole as a dressing on salad, as a dip for chips or veggie sticks, or as a spread on your sandwich. For more nutritious recipes, visit <https://www.mindful.sodexo.com/mindful-eating/recipes>.

Ingredients: 6 servings

1 (10-oz) bag frozen peas, rinsed with hot water
1 avocado, peeled, seeded & cubed
 $\frac{1}{4}$ cup diced red onions
 $\frac{1}{3}$ cup nonfat sour cream
 $\frac{1}{2}$ cup hot salsa
3 tablespoons lime juice
 $\frac{1}{2}$ cup chopped fresh cilantro
 $\frac{1}{2}$ teaspoon garlic powder
Baked tortilla chips or vegetables

Instructions:

1. Place peas and avocado cubes in a food processor and pulse until almost smooth.
2. Transfer mixture to a bowl. Add onions, sour cream, salsa, lime juice, cilantro, and garlic powder, then stir to combine.
3. Cover and refrigerate for one hour. Serve with tortilla chips or vegetables.



CALORIES
100

CARBS
12g

PROTEIN
4g

FAT
5g

SAT FAT
1g

SODIUM
156mg

FIBER
4g



For more information, please contact:

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