

# SELF CARE

## Savor the Season



### Healthy Summer Eating

For many people summertime marks the beginning of weekend picnics, backyard barbecues, and cookouts with family and friends. Or maybe you're not really a backyard party kind of person but love the beaches and boardwalks. Whatever you enjoy doing in the summer, it probably involves at least a few classic summertime favorites like barbecue, fried foods, and sweet desserts. Unfortunately, many of the dishes typically served at summer events are not always the best for your health.

### Popular Summer Foods & Alternatives

**Hamburgers and hot dogs** are popular grilling options, but they both tend to be high in both saturated fat and sodium, and that's before you consider the bun or other toppings. If you make your own patties, consider getting a leaner ground meat to cut down on saturated fat content. Instead of having traditional hamburgers or hot dogs, you can also try these alternatives:

- Turkey based: turkey burgers and turkey dogs
- Plant-based: black bean burgers, portobello mushroom burgers, veggie dogs, etc.
- Fish based: salmon burgers and salmon dogs

### MINDFULNESS SERIES

#### USEFUL RESOURCES



Rutgers  
Cooperative  
Extension  
[njaes.rutgers.edu](http://njaes.rutgers.edu)



Family &  
Community  
Health Sciences  
Department  
[njaes.rutgers.edu/fchs](http://njaes.rutgers.edu/fchs)



Keep in mind, not all plant-based substitutes will be lower in saturated fat or sodium, and they may even contain more than you would expect, so it's important to check the nutrition label.

**Barbecue sauce** is a favorite for grilling but many of the sauces found on store shelves are high in sugar and sodium. Instead try low or no sugar versions, or even making your own from a low-sugar recipe. You could also try switching it up and using an alternative such as a dry spice rub or teriyaki marinade.

**Potato salad, pasta salad, and macaroni salad** are often high in saturated fat and sodium. Instead of using your traditional recipes, try looking for recipes that use less or no mayonnaise. Alternatively, try other vegetable-based dishes like a caprese side salad with fresh mozzarella and local tomatoes, or grilled seasonal vegetables.

Summer days spent walking the boardwalk or gathered for a family cookout wouldn't be the same without **dessert**, but cupcakes, pie, and other baked goods tend to be high in saturated fat and added sugar. Instead of reaching for the cookies, try a fruit-based dessert instead.

### Tips for Choosing Healthier Foods

#### Bring a dish to share



When you're a guest at a cookout, you may not have much say in the food being offered. Bring along a healthy side dish or two, and that way you can be sure there is at least one healthy option to choose from when you start eating. If bringing a dish isn't an option, try to stay away from anything fried and go for grilled options. If you can, pick a lean meat like chicken instead of beef.

#### Eat a balanced meal

A helpful guideline is to make half your plate non-starchy vegetables, and to use the other half for a lean protein, whole grains, and healthy fats. If possible, skip or have smaller portions of heavy side dishes like potato salad and macaroni salad. Or if you're having a cheeseburger, pair it with a big plate of greens or other fresh vegetables.

#### Wait for seconds

After filling your plate with a balanced and satisfying meal, wait before going back for more servings. It takes time for your body to register feeling satiated or full. If after approximately 20 to 30 minutes you're still hungry, go ahead and help yourself to more food. Be aware of what your body is telling you and how you're feeling.

#### Hydrate

Drink water! Drinking hydrating beverages is especially important when the heat of summer really kicks in and you start sweating. Also, equally important if you're enjoying a cocktail or other alcohol beverages. Try to stay away from sugar-sweetened drinks, whether it be soda or lemonade. If you don't like drinking plain water, try infused water.

### Practice moderation

Healthy eating doesn't mean you have to give up your burgers or ice cream entirely, but to enjoy them in moderation. Enjoy your seasonal treats but be mindful. You can try having smaller portion sizes or make allowances each day. For example, if you're going to have a cocktail, consider skipping dessert or vice versa.

### Eat Fresh, Eat Local

Luckily, summer is a great time of the year for getting fruits and vegetables locally. Farmers' markets and farmstands are all over New Jersey, where you can purchase tasty, fresh produce and support local farmers, too. Boost the flavor of your dishes with seasonal, local produce, which tends to be tastier than out of season produce.

### Food Safety Tips

Every year, reports of foodborne illness spike during the summer. We all like to share food together at outdoor parties, but it's important to practice some basic safety guidelines so no one ends up sick. This is especially important when we're eating outdoors, since bacteria can multiply rapidly if food is left out in the temperature danger zone, between 41°F and 135°F. Here are some tips and reminders to help keep you and your guests safe this summer.



1. Wash your hands before handling food, and between handling different foods such as raw meat and salad (and wash them for at least 20 seconds!)
2. Wash fresh produce before using
3. Be careful of cross-contamination – don't use the same cutting board or utensils for meat and produce
4. Store your food carefully and don't let raw meat come into contact with fresh produce or other foods
5. Allow your meat to thaw completely before grilling to ensure all parts are thoroughly heated
6. Thaw safely – don't leave your meat on the counter to thaw; leave it in the refrigerator or place under cool running water
7. Likewise, don't marinate on the counter – always marinate in the refrigerator
8. Don't leave food out at room temperature for longer than 2 hours (1 if above 90°F)
9. Keep perishable foods in an insulated cooler with ice packs
10. Use a food thermometer to ensure you're cooking your meat thoroughly



## Caprese Salad Recipe

**\*\*personal recipe created by Ashley Bialoblocki\*\***

### Ingredients

Fresh mozzarella pearls, 8 oz  
 2-3 medium tomatoes  
 ½ fresh onion  
 Fresh basil leaves, handful  
 Balsamic vinegar to taste  
 1 Tbsp olive oil  
 Black pepper to taste (optional)\*  
 Salt to taste (optional)  
 Fresh lemon (optional)



### Directions

1. Chop tomatoes into pieces roughly the size of the mozzarella pearls. Cut onion crosswise to yield crescent slices. Chop basil.
2. Place tomatoes, mozzarella pearls, onion, and basil in a bowl. Add salt and/or black pepper to taste (optional). Drizzle olive oil and balsamic vinegar over top. Combine.
3. Drizzle fresh lemon juice over top as an added garnish (optional).
4. Enjoy!

\*Don't have balsamic vinegar? Substitute with 1 Tbsp red wine or cider vinegar mixed with ½ tsp sugar.

## Fruit Salad Recipe

**\*\*personal recipe created by Ashley Bialoblocki\*\***

The best thing about fruit salad (aside from how good it tastes) is that it can be made using whatever fruit you have on hand. During the spring and summer months, this can be any number of fresh seasonal fruits. Check out the seasonal produce guide to see what grows in your area during different times of the year or check out your local farmstand or farmer's market for fresh, local fruits.

### Ingredients

Whatever fruits you have on hand; large fruits should be chopped to ½" – 1" sized pieces  
 Fresh lemon or lemon juice (optional)

### Topping (optional)

Vanilla Greek yogurt  
 Cinnamon



### Directions

1. Wash all fruit. Chop any fruit that needs chopping.
2. Combine your fruits into a bowl. Mix with fresh lemon juice to add a bit of flavor and prevent browning for certain fruits like apples.
3. Optional topping: mix vanilla Greek yogurt with cinnamon for topping or dipping. This goes well with apples, pears, grapes, and other fruits – don't be afraid to experiment!



## More Resources....

[choosemyplate.gov](http://choosemyplate.gov)

[njaes.rutgers.edu/health](http://njaes.rutgers.edu/health)

Family & Community Health Sciences Healthy Recipes

[Get Moving Get Healthy NJ \(vimeo.com\)](http://vimeo.com)

Explore our healthy recipe videos!

[EatingWell.com](http://EatingWell.com) has lots of healthy recipes.

[Mayo Clinic Healthy Recipes](http://Mayo Clinic Healthy Recipes)

<https://www.foodsafety.gov/keep-food-safe>

[The Core Four Practices of Food Safety | FightBAC](http://The Core Four Practices of Food Safety | FightBAC)

[A Guide to Burnout](http://A Guide to Burnout)

[Physical, psychological and occupational consequences of job burnout: A systematic review of prospective studies \(nih.gov\)](http://Physical, psychological and occupational consequences of job burnout: A systematic review of prospective studies (nih.gov))



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**FCHS....Promoting Healthy  
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# RUTGERS

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Join the  
3rd Annual  
**WALKING  
ART!**  
competition  
Organized by Ocean County 4-H

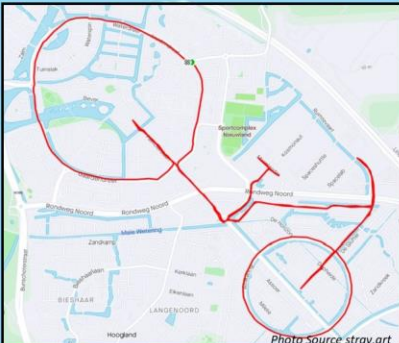


Photo Source strava.art

Known as Strava Art and Geo-Art you're challenged to use a GPS device to walk or geo catch an image! Try using the apps Map My Walk®, Geocaching®, or Strava®

## Open to any NJ youth!

*You do not have to be a 4-H member to participate.  
Make sure to be safe and always walk with a parent or guardian!*



Photo Source BBC

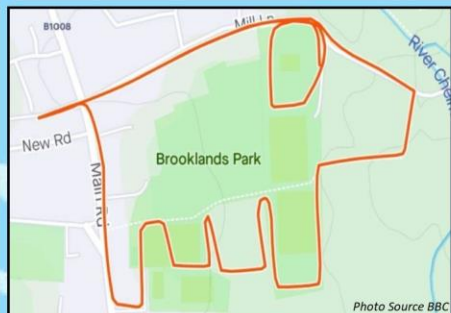


Photo Source BBC



Photo Source Dawnelle Guenther

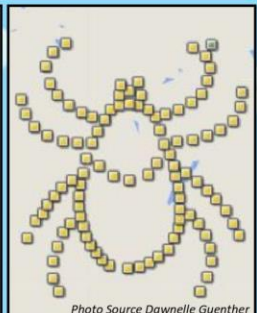


Photo Source Dawnelle Guenther

### Enter Here

<https://tinyurl.com/WalkingArt>

Entries are due no later than  
**September 16, 2022**

For all youth, not just for 4-H members,  
starting Kindergarten through grade 13.

- Each youth participant may enter one (1) entry per class.
- Cloverbuds (grades K-3) will receive a participatory prize.
- 1st place winners will be awarded gift card prizes.

Questions? Contact [Amelia.Valente@njaes.rutgers.edu](mailto:Amelia.Valente@njaes.rutgers.edu)



1st Place winners  
will receive a \$25  
amazon gift card!

### CLASSES

1. Best Animal
2. Best Plant
3. Best Object
4. Favorite Food