

Eat Healthy This Summer

6 HEALTHY SUMMER FOODS TO ADD TO YOUR DIET

It's summer—that amazing time of year when fresh produce abounds. Fresh fruits and vegetables have a high water content, loads of fiber, and are packed with nutrients, and many require no cooking at all!

Corn: Nothing says summer like fresh sweet corn. Two antioxidants - lutein and zeaxanthin - in corn help your eyes filter out some of the sun's damaging rays and also help lower your risk of developing age-related macular degeneration - the leading cause of blindness in people over 60.

Tart Cherries: They deliver a host of health benefits. You may have heard that drinking tart cherry juice can help you get a better night's sleep, but did you know that compounds in tart cherries may also help you slim down and get leaner?

Tomatoes: There's no question that sunscreen should be your first line of defense against the blazing summer sun. But eating tomatoes could give you a little extra protection: consuming more lycopene - the carotenoid that makes tomatoes red - may protect your skin from sunburn.

Watermelon: Staying hydrated keeps your memory sharp and your mood stable. It also helps keep your body cool (by sweating) during hot summer months. The good news is that you don't just have to drink water. You can eat it, too: watermelon is 92 percent water.

Raspberries: Raspberries are a great source of fiber -some of it soluble in the form of pectin, which helps lower cholesterol. One cup of raspberries has 8 grams of fiber.

Blueberries: Fresh blueberries straight from the berry patch are a special treat! It turns out the antioxidants in them may help ward off muscle fatigue.

During the summer months, enjoy the plentiful choices at your local farm stand or supermarket for some delicious and nutritious treats!