

Top 5 Summer Foods for Weight Loss



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Summer is almost upon us! The sun and warm weather are finally here after a cold and rainy spring. If you're worried about fitting into those summer clothes, I'll make it easier for you with the "**Top 5 Summer Foods for Weight Loss.**" Light and refreshing, these choices are perfect for when the temperature goes up!

1. Avocados- contain heart-healthy mono-unsaturated fat which *increases satiety*. They are also a rich source of Vitamin E, a powerful antioxidant. *Use:* Add avocados to your sandwich instead of mayo for a creamy texture and added flavor.

2. Seasonal Fruits & Veggies - This summer go for **COLORS!** Eat an abundance of fruits & vegetables. Mixed berries: blueberries, strawberries, raspberries are all in season. High in fiber and very low in calories. *Use:* Add berries in breakfasts, desserts and snacks.

3. Garden Salads - A wonderful way to get more greens into your diet. Toss any of your favorite vegetables into your salad and top with herbs from your garden for added flavor. *Use:* Make it into a meal. Add fish, sliced organic chicken and/or beans for added protein.

4. Chilled Soups - Low calorie, broth-based soups will fill you up if eaten at the beginning of your meal, causing you to eat less at the meal. *Use:* Try chilled soups like gazpacho or cucumber-dill that contain lots of vegetables.

5. Green Tea & Fruit Infused Water- This last one may not be a food but is definitely worth mentioning. Green tea has been shown to help increase metabolism. It is a great alternative to coffee, it still provides a little caffeine but with added beneficial antioxidants for your health. *Use:* Brew green tea and leave it in the fridge for a cool, refreshing summer drink. Add lemons and Stevia, an herbal sweetener that has no effect on your blood sugar, to sweeten it slightly.

It is important to stay hydrated in the summer so drink plenty of fluids. **WATER, WATER, WATER!** Some find the taste of water boring, so try adding slices of cucumbers, strawberries, or oranges to infuse your water with a fresh fruity flavor.

Note: *Eat five smaller meals a day, avoid processed foods, chew more slowly, and incorporate more healthy foods into your diet, starting with these five.*



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