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Greater Philadelphia
Business Coalition
On Health

"Building Bridges to Better Healthcare"



2019

SUMMER Fun Guide



HEALTHY BEVERAGES

With the summer months comes the summer heat. Try out these healthy beverages to help cool down your day!

CHOCOLATE RASPBERRY SMOOTHIE

1/2 cup skim or soy milk - 6 oz low fat vanilla yogurt - 1/4 cup dark chocolate chips - 1 cup frozen raspberries

DIRECTIONS

Place ingredients into blender, mix, then drink!

PB&B SMOOTHIE

(1) frozen banana - 1 Tbs peanut butter - 1 cup almond milk - 1 tsp cinnamon

DIRECTIONS

Place ingredients into blender, mix, then drink!

RAINBOW COCONUT WATER SPRITZERS

Raspberries - strawberries - cherries - peaches - pineapple - lime slices - fresh mint - blueberries - blackberries - 16 ounces coconut water - 8 ounces unflavored or flavored seltzer like coconut or vanilla

DIRECTIONS

1. Fill each glass with a bit of crushed ice, then add the fruit in rainbow colors. Once the fruit is in the glasses, add a bit more ice and fill each glass with about 4 ounces of coconut water.
2. Top each off with some seltzer water and serve. Garnish with extra fresh mint.

STRAWBERRY ORANGE MANGO KOMBUCHA MOCKTAILS

(2) 16-ounce bottles Original Kombucha unflavored - 2 cups 100% orange-mango juice - 1 ripe mango peeled, pitted, and chopped - 2 cups fresh strawberries chopped

DIRECTIONS

Add all ingredients to a large pitcher and stir. Serve over ice and enjoy!

SPARKLING RASPBERRY LEMONADE

12 oz fresh raspberries - 1 cup fresh lemon juice, chilled - 1/2 cup cold water - 1/2 cup granulated sugar (or to taste) 1/2 cup honey - 1 liter (33.8 oz) sparkling water, chilled - Fresh mint and ice, for serving

DIRECTIONS

1. Place raspberries in a food processor and pulse until well pureed. Force raspberry puree through a fine mesh strainer into a bowl.
2. In a large pitcher (if you don't have one large enough you may need two) whisk together water and sugar until sugar has dissolved. Pour in honey and mix until blended. Stir in raspberry mixture and lemon juice then pour in club soda and stir once. Serve with ice and fresh mint.

SPARKLING SUMMER FRUIT PUNCH

2 cups seltzer - 2 cups sparkling cider - 2 cups apricot juice or peach nectar - 2 cups diced peaches, plums, or nectarines

DIRECTIONS

Combine all ingredients in large pitcher. Serve over ice.

TROPICAL GREEN SMOOTHIE

(1) large orange, peeled & segmented - (6) large strawberries - (2) cups baby spinach - 1/3 cup plain Greek yogurt

(1) cup ice

DIRECTIONS

Place ingredients into blender, mix, then drink!



TRY THIS HEALTHY SUBSTITUTE

"When I was a kid, there was a great hot dog stand near the river that offered a vegetarian option in place of the processed meat laden hot dogs: a grilled carrot, complete with all the fixings. Skip the cancer causing nitrates and get some vitamin A and fiber in the bargain!"

- Cheryl Bettigole, MD

Division Director for Chronic Disease Prevention,
Philadelphia Department of Public Health

HEALTHY SOUP & SALADS

Salads are a perfect summer food because they are a light dish and can be served as either a main course or a smaller side. Below are a few healthy recipe options!

MAYO-FREE COLE SLAW

MIX TOGETHER:

One small head green cabbage, shredded - One small head red cabbage, shredded - 4 green onions (scallions), sliced
1 red onion diced - 2 red (or other color) bell peppers, seeded & diced - 2 stalks celery, diced

MAKE DRESSING:

½ Cup olive oil - ¼ Cup red wine vinegar or apple cider vinegar - 2 Tbs lemon juice - 1 Tbs sugar - Salt & pepper to taste

DIRECTIONS

Pour dressing over salad, toss, and let sit in fridge for at least 1 hour before serving. Keeps for several days in refrigerator. Toss periodically.



SOUTHWESTERN PASTA SALAD WITH CREAMY AVOCADO DRESSING

For Salad:

8 ounces pasta - (1) 15 oz can black beans, drained & rinsed - 1 cup grape tomatoes - ½ cup diced red bell pepper
½ cup diced orange or yellow bell pepper - ½ cup diced red onion - ½ cup sweet corn can use frozen corn
1 large avocado peeled, seeded, & diced - Salt & pepper to taste - 1 lime (over the salad) - ¼ cup chopped cilantro

For the Creamy Avocado Dressing:

2 ripe avocados peeled & seeded - 3 tablespoons plain Greek yogurt - ½ cup low-fat buttermilk - 2 cloves garlic minced
¼ cup chopped fresh cilantro - 2 tablespoons chopped green onion - 1 small jalapeño pepper chopped & seeds removed
2-3 tablespoons fresh lime juice - ¼ teaspoon ground cumin - Salt & ground black pepper to taste

DIRECTIONS

1. Bring a large pot of water to a boil. Salt the water and stir in the pasta. Cook until al dente. Rinse with cold water and set aside.
2. While the pasta is cooking, make the Creamy Avocado Dressing. Combine all of the dressing ingredients in a blender or food processor and blend until smooth.
3. In a large bowl, combine pasta, black beans, tomatoes, peppers, red onion, corn, and chopped avocado. Pour dressing over pasta salad and stir until salad is well coated. Season with salt and pepper. Squeeze fresh lime juice over the salad, so the avocados don't brown. Garnish with chopped cilantro and serve at room temperature or chilled.



WHOLE WHEAT PASTA SALAD W/TOMATOES & CHEESE

2 medium tomatoes, chopped - ½ cup Italian dressing - ½ cup feta cheese - 1-pound box of whole-wheat pasta

DIRECTIONS

Combine the tomatoes, dressing and cheese in a smaller container. Place in the refrigerator for at least 1 hour. Cook the pasta according to the package directions. Combine the cooked pasta and tomato mixture and serve.



BLUEBERRY CORN SALAD

6 ears fresh sweet corn husked - 1 cup fresh blueberries - 1 cucumber sliced - ¼ cup finely chopped red onion
¼ cup chopped fresh cilantro - 1 jalapeno pepper seeded and finely chopped - 2 tablespoons lime juice
2 tablespoons olive oil - 1 tablespoon honey - ½ teaspoon ground cumin - ½ teaspoon salt - ¼ teaspoon black pepper

DIRECTIONS

1. In a large pot, bring water to boiling. Add corn. Cook for 5 minutes, or until tender. When cool enough to handle, cut corn from the cobs. Discard cobs.
2. In a large serving bowl, combine corn, blueberries, cucumber, red onion, cilantro, and jalapeno. To make the dressing, whisk together lime juice, oil, honey, cumin, salt, and pepper. Pour dressing over salad and stir until combined. Cover and refrigerate until ready to serve.
3. Note-you can make this salad a day in advance. It keeps well.



CARROT APPLE MINT SLAW

¼ cup plain, nonfat Greek yogurt - 2 tablespoons mayonnaise - 1 tablespoon lemon juice - 1 tablespoon cider vinegar
1 teaspoon honey - 1 pound carrots, peeled - 1 Granny Smith apple, cored - ¼ cup fresh chopped mint - salt to taste

DIRECTIONS

In a small bowl whisk together the yogurt, mayonnaise, lemon juice, vinegar and honey until smooth. In a food processor, grate the carrot then the apple. Transfer to a large serving bowl and toss with the dressing. Mix in the chopped mint and season with salt if necessary. This can be made ahead and stored in the fridge for 3 days in an air tight container.



EASY GAZPACHO

2 cups tomato juice or V-8 juice - 3 tomatoes, peeled & diced - 1 bell pepper (red or green), seeded & diced - 1 cucumber, peeled, seeded, and diced - 1 small onion, peeled & finely chopped - 2 Tbs olive oil - 4 Tbs vinegar (red wine, white, or cider), 1 garlic clove, minced - Salt & pepper to taste - 1 dash Tabasco (optional)

DIRECTIONS

Combine all Ingredients.



SAFETY TIPS



Minimize the Mosquito Bites & Avoid Ticks

Not only are mosquitoes and ticks annoying to deal with but they can be harmful to your health. Protect your family from bites and diseases like Zika, West Nile virus, and Lyme disease by following these tips: Use an effective insect repellent while outdoors - Do not spray repellent on the skin under clothing - If you are also using sunscreen, apply sunscreen first and insect repellent second - Check yourself and your children for ticks while in the woods or tall grass.

Watch Children around Water

Throughout the hot summer days there's nothing more refreshing than taking a dip in the water! As fun as the water can be, **ALWAYS** remember the following child safety tips: Secure your pool with appropriate barriers - Designate a water watcher...and stay in arm's reach of young children - Install anti-entrapment drain covers and safety release systems to protect against drain entrapment - Know what to do in an emergency. Learning CPR and basic water rescue skills may help you save a child's life.



Stay Hydrated

Small changes = Big rewards. Did you know that most of us lose more water than we drink each day? To help stay hydrated give these tips a try: Fill a water bottle first thing at work & finish it by the end of day - Drink water with each meal - Plan your day with water: a glass in the morning & after work- Use plain seltzer to make a fizzy drink (with fruit). Always remember to drink enough water throughout the day, not only during the summer months!

SAFETY TIPS



Protect Your Skin from the Harmful UV Rays

Clothing is the first line of defense for our skin against the harmful UV rays of the sun. The more skin you cover the more your clothing absorbs the sun's radiation. Be sure you are aware of your clothing's' Ultraviolet Protection Factor (UPF). This indicates what fraction of the sun's UV rays can actually penetrate the material. As with the Sun Protection Factor (SPF) in sunscreen, the higher the UPF count, the greater the protection from the sun.

Apply Sunscreen when Exposed to the Sun

Applying sunscreen during the summer months is vitally important for the overall health of your skin as the sun is stronger, the days are longer, and time spent outdoors is easier to do! Be sure to "apply" the following tips when exposed to the sun: Choose a sunscreen with "broad-spectrum" protection - Choose a sunscreen with a sun protection factor (SPF) of 30 or higher - "Water resistant" does not mean "waterproof" - Apply 30 minutes before being exposed to the sun - Reapply every 2 hours.



Protect Your Eyes from the Harmful UV Rays

The sun's Ultraviolet rays can cause short- and long-term eye damage, according to the American Academy of Ophthalmology. You can protect your eyes by purchasing the right pair of sunglasses. Follow these 6 tips to ensure your eyes are well defended: Make it 100 percent UV protection - Bigger is better - Darker lenses don't protect better - Color doesn't matter - Polarized lenses cut glare, not UV - UV protection does not need to be expensive.



SUMMER ACTIVITIES

Summer is the perfect time of year to get outside and enjoy the warm weather. Grab your friends and family members and give these summer activities a try, you'll be glad you did! But remember the safety tips mentioned above to remain safe and healthy over the summer of 2019.



SPECIAL THANKS

Thank you to Cheryl Bettigole, Philadelphia Department of Public Health, Krista Latortue, Family Food, and Karen Mayer, Independence Blue Cross, for contributing resources and recipes to this guide!

For Philly Locals - Philly Powered!

Philly Powered is part of Get Healthy Philly, the Division of Chronic Disease Prevention for the Philadelphia Department of Public Health, and is designed to promote everyday physical activity particularly among adult men and women who are seeking to live healthier lives.

Checkout their website (<http://phillypowered.org/>) to take advantage of the following resources:

- Upcoming Fitness Events
- Philadelphia Inspirations
- A Philly Fitness Map
- Join the Zumba Party by Dionne Smith

Go for a Hike

Not only is hiking a good cardio exercise but it also helps to boost bone density and strengthen muscles. In addition, hiking is proven to be beneficial for your overall mental health. Time spent outside calms anxiety, reduces stress and can decrease the risk of depression, according to a study done at Stanford University*. Your sensory perception will also benefit from your time outdoors as you take in the smells, sights, and feelings of nature.

If you are unaware of trails near you or are just looking for some new ones give these resources a try:

- <https://www.alltrails.com/>
- <https://www.trails.com/>

Try a Paddlesport

Similar to hiking, canoeing and kayaking are great forms of aerobic and cardiovascular exercise; they also help to build strength in the upper body. Paddlesports are beneficial to your overall mental health as well.

Not sure where to go? Use the following website to find bodies of water, parking information, possible fees associated, etc.:

- <https://paddling.com/paddle/locations/>

Although canoeing and kayaking is rather safe you should still be aware of the basic safety. Check out the following links on Canoe and Kayak Safety:

- <https://paddling.com/learn/basic-canoe-safety/>
- <https://paddling.com/learn/top-5-kayak-safety-rules/>

*<https://news.stanford.edu/2015/06/30/hiking-mental-health-063015/>