



## Nutrition Nibbles

### Don't Take a Vacation from Your Health Habits

May is here and summer is almost upon us. What does that mean? Vacation time! Whether you are getting away for a long weekend or cruising to a faraway land for some longtime fun, you can continue your healthy habits on the road. Here are a few tricks for carrying on with the 2 e's while on your trip: eating right and exercising well.

**Use your memory when making meal choices.** Consider your typical meals at home when you are trying to decide what to eat on vacation. Make sure at least some of your holiday meals mimic your usual fare. Do you eat oatmeal for breakfast at home? Pick up some oatmeal on the road. This trick helps keep your caloric intake in check. This rule-of-thumb also applies to beverages. If you don't usually enjoy a cocktail at breakfast, lunch and dinner at home, then no need to gulp down these and other calorie-dense drinks (including fancy coffee quenchers, energy drinks, smoothies, juices, and sodas) while on break.

**You may be as hungry as a horse but your stomach is as big as a fist.** We sometimes take the "Last Supper" approach when on vacation and order appetizers, entrees, and desserts every chance we get. Make a fist and look at it—your

stomach can only hold this much at once. To keep from overeating, take this idea into consideration and order moderately.

**Use your head and legs at the buffet table.**

Before heaping up your plate with every item at the all-you-can-eat buffet, use your legs and walk the length of the table scoping out the selection. Next, use common sense and fill up half your plate with fruit and vegetable-packed choices, a quarter with lean protein, and a quarter with the starchy items. Don't pick up dessert on the first go-around since you may not need it to feel satisfied after all!

**Make your feet your primary mode of transportation.** See the sights on foot by walking instead of driving. This is a great way to squeeze in physical activity and burn a few calories at the same time without feeling like you are exercising. Plan a few active excursions – biking, hiking, snorkeling, and swimming are all fun and active ways to enjoy the scenery.

As you gear up to wind down, take care not to ditch your healthy ways. Enjoy your trip!

### Eat Your Sunscreen

by Katie Giebler

We all know that we should slather on at least SPF 30 sunscreen whenever we go to the beach, swimming, hiking, or spend prolonged time outdoors, but did you know there are foods that act as edible sunscreen? Studies have shown that the following foods increase collagen, make skin less sensitive to the sun, and may even reverse sun damage in the skin:

**Watermelon** is very high in an antioxidant called lycopene and contains 40% more than tomatoes. Eating this fruit can reduce your risk of sunburn and sun damage.

**Green tea** scavenges the free radicals that UV rays produce when they hit your skin and prevent damage to your DNA. You need about two to three cups a day to reverse sun damage from the inside out.

**Orange peel** is not the most enticing food on its own, but it packs a powerful punch in terms of sun protection. One teaspoon a week has shown to cut squamous cell skin cancer by 30%. Try incorporating it in salsa, salads, muffins, or yogurt to reap the benefits.

**Cold-water fish**, like sardines and salmon, contain omega-3 fatty acids that act as an antioxidant

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## Believe It Or Not!?

While Americans' insatiable appetite has increased, portion sizes at restaurants are going up while package sizes are getting skimpier at the grocery store. And a big fast food chain is now serving up some healthier fare. Check out the latest in the food world:

- Starbucks has introduced a new size, the Trenta, for its cold beverages. Its 31 ounces is actually larger than the average human stomach! [http://www.huffingtonpost.com/2011/01/17/starbucks-new-size-trenta-graphic\\_n\\_810083.html](http://www.huffingtonpost.com/2011/01/17/starbucks-new-size-trenta-graphic_n_810083.html)
- Companies are downsizing their product but keeping their prices the same. The result? You're paying more for less! Be a savvy shopper and check out the package sizes and unit prices before throwing your food in the cart. <http://www.discovergoodnutrition.com/index.php/2011/04/food-prices-are-up-package-sizes-are-down/>
- When it comes to breakfast, McDonalds now has a healthier alternative to its egg and sausage McMuffin. They've added Fruit and Maple Oatmeal to the menu. For less than 300 calories and a total of 4.5 grams of fat, your heart and taste buds will thank you.

## Eat Your Sunscreen continued...

to reduce the chances of skin damage, inflammation due to sunburn, and potentially skin cancer.

**Dark chocolate**, or chocolate with a cocoa content of 60% or more, has powerful antioxidants that will neutralize oxidative damage caused by UV radiation and lessens skin's sensitivity to the sun.

**Green, leafy vegetables** like spinach, kale, and chard can cut squamous cell skin cancer by 50%. The antioxidant lutein found in these veggies acts as a light filter to protect the skin and eyes from the sun's harmful rays.

You should remember to not only protect your skin from the inside, but the outside as well. Follow these sunscreen and sun safety tips to ensure optimal protection:

**Make sure your sunscreen hasn't expired.** Check for a gritty consistency, crystallization of the product, or separation into layers. These are tell-tale signs that it's time to invest in a new bottle of sunscreen. Sunscreens usually last for about three years.

**An application of sunscreen fits in a shot glass.** This is the

proper amount needed to cover all exposed areas of the body. Choose a broad spectrum sunscreen with an SPF of 15 or more. Don't forget overlooked areas like ears, lips, and feet!

**Even waterproof sunscreens need reapplication.** Apply liberally 30 minutes before exposure to the sun and reapply at least every two hours, especially if swimming and sweating.

### Your eyes need protection too!

When buying sunglasses, look for a label that offers 99-100% UV protection. Just because dark eyewear is tinted doesn't mean it blocks UV rays.

Armed with an arsenal of internal and external sun protection, you're good to go to have fun in the sun! Visit this website for more information about sun safety: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049090.htm>

To incorporate the above foods in your diet, here are some recipes: <http://naturalcounselor.com/blog/organic-food-benefits/healthy-recipes-to-keep-our-skin-sun-damage-free/>

## There's An App For That!

This month I have been enjoying a few different health-inspired apps on my iTouch. When I need some rest and relaxation but can't get away, I shut my eyes and plug into [pzizz energizer](#) for a guided restful timed nap (Cost: \$1.99-\$5.99). To get out of my usual dinner rut, I dial

up the [All Recipes Dinner Spinner](#) app for a few fresh and healthy meal ideas (Cost: Free). If I'm curious about the calories in something I'm eating or I want to keep a food diary, I check in with [MyFitnessPal](#) (Cost: Free). What's your favorite healthy app?

