



Sesame Broccoli Salad

- 1 Tbsp. Sesame seeds
- 1/2 lbs. Broccoli, cut in florets
- 1 Tbsp. Reduced- sodium soy sauce
- 2 Tbsp. Rice vinegar or white wine vinegar
- 2 tsp. Oriental sesame or peanut oil
- 1 tsp. Honey

Preheat the oven to 325 degrees. Spread the sesame seeds in a pie pan and bake, uncovered, shaking the pan frequently, until the seeds are golden. Set aside. Bring 2 cups of unsalted water to a boil in a large saucepan. Add the broccoli, cover and cook for 5 minutes or until tender and still crisp. Transfer drained broccoli to a serving dish. Combine the soy sauce, vinegar, sesame oil and honey. Pour over the broccoli and toss well. Sprinkle with the sesame seeds and serve.

Per Serving: calories 59, protein 3.8 gm, carbohydrates 7.7 gm, fat 2.6 gm, cholesterol 0 mg

Cantaloupe Popsicles

- 6 oz. can frozen fruit juice concentrate
- 3 cups cubed cantaloupe or other melon
- 3/4 cup water
- 10 paper drink cups
- 10 wooden Popsicles sticks

In blender or food processor, combine fruit juice concentrate and cantaloupe and process until smooth. Fill each drink cup with about 1/3 cup of this mixture, then freeze for about 1 hour. Insert wooden sticks and freeze until firm. To serve, peel away the paper cup. (10 pops)

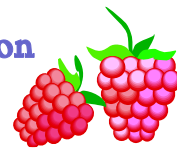


Lemonade Pie

- 4 cups vanilla ice cream, softened
- 6 oz. can frozen lemonade concentrate, thawed
- 1 9" graham cracker crust

In medium bowl, mix ice cream and lemonade concentrate until blended. Immediately spoon into graham cracker crust. Freeze at least 4 hours until firm. Let stand at room temperature for a few minutes before cutting.

Low Fat Raspberry Summer Sensation



- 1 pt. (2 cups) raspberry sorbet or sherbet
- 1 cup cold fat free milk
- 1 pkg. (4-serving size) JELL-O vanilla flavor fat-free, sugar-free instant pudding
- 1 tub (8 oz.) Cool Whip Free whipped topping, thawed
- 1 cup raspberries

Line 9x5-inch loaf pan with foil. Spoon sorbet into pan; freeze 10 minutes.

Pour milk into large bowl. Add dry pudding mix. Beat with wire whisk 2 minutes or until well blended. Gently stir in whipped topping. Spread pudding mixture over sorbet in pan.

Freeze 3 hours or overnight. To unmold, invert pan onto plate; remove foil. Top with raspberries just before serving. Let stand 10 to 15 minutes to soften before cutting into 12 slices.

Per Serving: calories 100, total fat 1 g, saturated fat 1 g, cholesterol 0 mg, carbohydrate 22 g, protein 1 g



Iced Moroccan Mint Tea

- 2 cups, packed, fresh mint leaves (about 1 large bunch)
- 3 tablespoons green tea leaves
- 1/4 cup sugar, or to taste
- 8 cups boiling water
- Ice

Finely chop half the mint leaves, and place them in a 3-quart pitcher or jug. Add the tea and the sugar.

Add the boiling water, stir to dissolve the sugar and set aside to steep for 5 minutes.

Strain the liquid into a clean pitcher. Discard the tea and chopped mint. Add the whole mint leaves to the pitcher. Refrigerate until cold.

Fill glasses with ice, and add the chilled tea along with some of the mint leaves

Per Serving: 30 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium, 0 g protein, 8 g carbohydrate

Banana-Orange Smoothie

- 1 cup artificially sweetened, vanilla-flavored nonfat yogurt
- 1/2 cup nonfat milk
- 1 cup unsweetened orange juice
- 1 medium banana
- Sugar substitute equal to 1/4 cup sugar
- 1 cup ice cubes

In a blender, combine all ingredients until smooth.

Per serving: 131 calories, 6 g protein, 27 g carbohydrate, 0.31 g fat



Homemade Low-Fat Granola

- For the Granola:
- 4 1/2 cups old-fashioned oatmeal, uncooked
 - 1/3 cup sliced almonds
 - 2 teaspoons ground cinnamon
 - 1/2 teaspoon salt
 - 1/4 cup maple syrup
 - 1/4 cup apple juice

- 1 tablespoon vegetable oil
- 1/2 cup raisins
- Serve with 1 cup fat-free milk, per serving
- Fresh berries

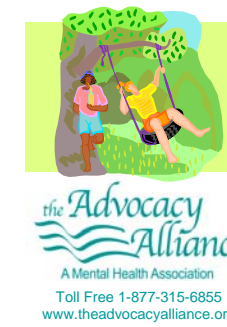
Preheat oven to 350 degrees Fahrenheit.

Stir together oatmeal, almonds, cinnamon and salt, if desired, in a large bowl. In a separate bowl, whisk maple syrup, apple juice and vegetable oil; pour over oatmeal mixture and stir to coat thoroughly.

Spread mixture in an even layer onto a 15x12-inch baking pan. Bake for 25 minutes, stirring twice during baking time.

Cool mixture in the pan before adding raisins. Store granola in an airtight container. To serve: pour 1 cup of milk over a heaping 1/2 cup of granola. Top with fresh berries, if desired. Serving suggestions: instead of milk, top 1 cup of fat-free yogurt with the granola.

Per Serving: calories 320, total fat 6 g, saturated fat 1 g, cholesterol 5 mg, protein 16 g, carbohydrates 53 g



IT'S YOUR HEALTH SUMMER 2006

THE SUMMER HEAT HAS ARRIVED!

Although summer weather is a welcome relief from the chilly winter, the summer heat brings some health concerns of which everyone needs to be aware. The following is a list of heat illnesses to be aware of during the summer months:

Heat Cramps occur after vigorous activities like running or playing tennis. Their signs are painful abdominal spasms and cramps in major muscles such as the legs and abdomen. Cramps subside with rest, cooling down and plenty of water.

Heat Exhaustion has many symptoms-fever, heavy sweating, fainting, rapid pulse, low blood pressure, clammy skin, ashen skin tone and nausea. Overexertion and not drinking enough water is the usual cause. To treat it, go indoors with a fan or air conditioning or to a shady spot, apply cool clothes immediately lie down with your legs elevated, loosen tight clothes and drink cool water or sports beverages.

Heat Stroke (Sunstroke)

can be life-threatening and requires immediate medical help. The symptoms include not only those associated with heat exhaustion, but also very rapid pulse and breathing, delirium, unconsciousness and lack of perspiration to cool the body.

Sun Exposure

When you or the people you support are in the sun, you need to apply sunscreen. Buy a quality product rated at least SPF (Sun Protection Factor) 15 and apply it liberally to all exposed skin at least 30-60 minutes before going out into the sun and frequently thereafter especially during peak sun hours or after sweating or swimming.



Risk factors for Heat Stroke include:

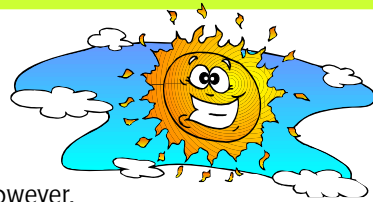
- Dehydration
- Age over 65
- Obesity
- Consuming alcohol in hot weather
- Having chronic heart or lung disease
- Taking medications that interfere with the body's heat-regulation system

To Prevent a Heat Illness:

- Avoid direct sun from late morning until 4:00 PM
- Limit vigorous exercise or chores to early morning or late afternoon
- Dress in light colored, loose-fitting clothes
- Continually drink plenty of water or juice
- Avoid caffeine or alcohol
- Eat light meals

Remember: Certain medications (like anticonvulsants, anti-psychotics and high blood pressure medications) can cause people to burn more rapidly and more severely.

Diagnosis—Dehydration



During the summer, many people engage in outdoor sports and exercise. When we exercise, our muscles generate heat. Sweating helps the body to get rid of excess heat, and keep our body temperature cool. However, when we sweat, our bodies lose both water and salt. Thus, sweating can also make us dehydrated. The early stages of dehydration often do not cause any symptoms. As dehydration gets worse, some warning symptoms you should look for are:

- Dry mouth and feeling thirsty
- Flushed face
- Dry skin and no longer sweating
- No longer urinate, or very small amount
- Weakness, dizziness, headache
- Muscle cramps
- Sleepiness
- Decreased coordination and impairment of judgment



There are ways to prevent dehydration. Here are some guidelines to follow:

Before and after any athletic activity, drink plenty of water.

Don't wait until you become thirsty to drink fluids.

Avoid alcohol, coffee, tea and salt tablets. These actually increase dehydration.

Take frequent breaks.

Wear cotton clothing that lets air pass through and sweat evaporate.



Don't forget a brimmed hat or cap to shade your head!

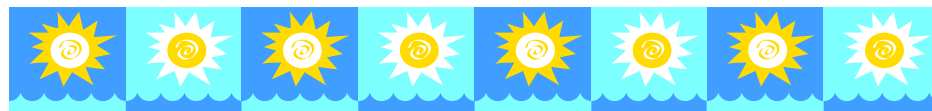
Regular exercise has many health benefits. So have fun in the sun, but remember your water!



Exercising Safely in the Summer Heat

Summer Exercise Safety includes the following guidelines:

- First and foremost, hydrate. Carry cold water with you; drink often. Consider a sports drink with electrolytes if you are working out for more than an hour.
- Avoid exercising outdoors in the high heat and pollution of the day. Instead, try exercising before 10:00 A.M. or after 7:00 P.M.
- Exercise indoors in a climate controlled environment such as a health club or indoor shopping mall.
- Dress in light colored clothing because it reflects the heat better than darker colors.
- Wear poly-cotton fiber blends, which wick perspiration away from the body, allowing it to evaporate easily.
- Shower and change clothes soon after exercising to avoid skin irritation.
- Always check with your physician or healthcare provider before starting any new fitness routine.



Summer Food Safety

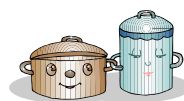
Everyone loves to hit the great outdoors during the warm weather. But it is important to keep in mind that warm temperatures, while ideal for picnics and barbecues, also provide an inviting environment for bacteria and other pathogens in food to multiply rapidly and cause food borne illness. That's why it's crucial to observe proper food safety precautions when preparing perishable foods such as meat, poultry, seafood and eggs.

Wash Hands and Surfaces Often

Be sure to routinely wash your hands before and after handling food.



Separate: Don't Cross-Contaminate



Put raw meat, poultry and seafood into sealed containers or plastic bags so juices will not cross-contaminate safely cooked foods or other items such as fruits and vegetables.

Grill to Proper Temperatures

Always use a cooking thermometer. Because meat and poultry tend to brown very fast on the outside, it's important to be sure that these foods reach a safe internal temperature and are properly cooked all the way through.



Icebox Etiquette



Keep perishable food such as meat, poultry, seafood and eggs cold or frozen until ready to cook. A full cooler will stay colder longer than one that is partially filled, so it is important to pack plenty of extra ice or freezer packs to ensure a constant cold temperature.

Healthy Summer Recipes

Smoked Chicken Salad with Raspberry-Balsamic Vinaigrette

1/4 cup sugar-free raspberry jam	6 cups mesclun mix
3 tablespoons extra virgin olive oil	1/4 cup balsamic vinegar
2 cups fresh raspberries	1/4 cup toasted sliced almonds
3/4 pound boneless smoked chicken breast, cut into 3" strips	

In a sealable jar, combine the jam, oil, and vinegar. Close the lid tightly and shake vigorously.

In a large bowl, gently toss the chicken with the dressing. Line a large platter or bowl with the mesclun. Top with the chicken mixture, raspberries, and almonds. (Or, if desired, place the chicken on the mesclun and serve the dressing on the side or drizzled over the top and topped with the raspberries and almonds). Makes 4 Servings.

Per Serving: 275 calories, 17 g fat, 3 g saturated fat, 18 g protein, 25 g carbohydrates, 6 g dietary fiber, 33 mg cholesterol, 800 mg sodium.



Honey Bee Ambrosia

Combine in large bowl and gently mix:
3 medium oranges, peeled and cut into pieces
2 bananas, peeled and sliced
1 pint strawberries or any fruit in season
Heat in small saucepan to blend:

1/2 cup orange juice
1/4 cup honey
2 Tbsp. lemon juice

Cool and pour mixture over fruit.
Optional: sprinkle with 1/3 cup flaked coconut

Per Serving: calories 102, protein 1.1 gm, carbohydrates 26 gm, fat .3 gm, cholesterol 0 mg

Lime-Ginger Chicken

4 skinless, boneless chicken breasts	Juice of 2 limes
2 tsp reduced sodium soy sauce	1 tsp freshly grated ginger
1 tsp sesame oil	1 garlic clove, minced
1 bunch green onions, finely chopped	

Place chicken breasts in a shallow glass dish. Combine lime juice, soy sauce, ginger, oil, garlic and scallions, and pour over chicken, turning the chicken over to coat both sides. Cover and marinate in the refrigerator for 2-4 hours. Grill on medium high or broil for 6 minutes each side, until the chicken reaches an internal temperature of at least 165 degrees.
Serves 4

Per Serving: calories 197, calories for fat 29, total fat 3.2 g (sat 0.8g), cholesterol 98 mg, sodium 201 mg, carbohydrate 2.3 g, fiber 0.3 g, protein 39.6 g



Festive Fruit Salad

Combine in mixing bowl:
1 can (16 oz.) fruit cocktail and juice
1 can (20 oz.) pineapple tidbits and juice
1 can (8 oz.) mandarin oranges, drained
Pour 1 small package banana instant pudding over fruit and mix well.
Add 2 bananas, sliced
1 cup miniature marshmallows

Per Serving: calories 152, protein 1.1 gm, carbohydrates 38.9 gm, fat 3 gm, cholesterol 0 mg

Asian Salad

2 1/2 cups chicken, cooked and cut into bite size pieces
1 (10-ounce) bag shredded cabbage
1 cup mushrooms, sliced
2 carrots, shredded
2 tablespoons cilantro, chopped
1 cucumber, thinly sliced
1 tangerine, divided into sections
Green onions, sliced
1/2 cup nonfat Asian or Oriental-style salad dressing
Black pepper

In a large bowl, combine chicken, cabbage, mushrooms, carrot, cilantro, cucumber and dressing mixed with pepper. Toss well. Top with green onions and tangerine sections.

Per Serving: calories 220, fat 7 g, sodium 367 mg, protein 27 g, saturated fat 2 g, carbohydrates 16 g

