

# Tips for a Healthy Summer

## Stay Hydrated

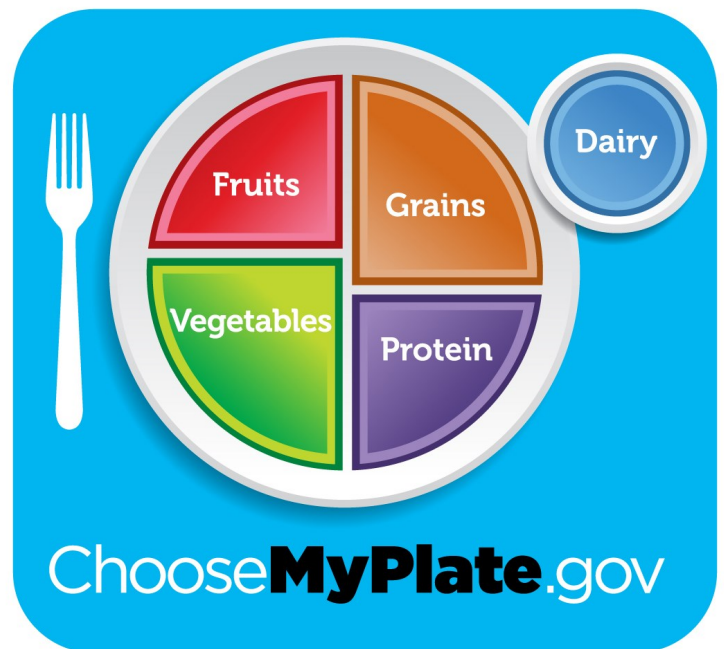
- Keep a water bottle near by
- Encourage water every 15 minutes during physical activity
- Create fun flavors by adding slices of fruits or vegetables to your water

## Utilize Snacks

- Pair food groups together at snack time
- Try to reach for a food group you may have missed at a previous meal

## Keep it Simple

- Utilize the USDA MyPlate Image as a guide to meal planning
- Try to build three meals daily around this image, if you miss a food group—sneak it back in at snack time



# Recipes

## Refreshing Breakfast Waffle

- 1 Multigrain Toaster Waffle
  - 2 Tbsp Vanilla Greek Yogurt
  - 1 Tbsp Peanut Butter
  - 1/4 Cup Berries (any fruit)
1. Spread Greek yogurt and/or peanut butter over toasted waffle.
  2. Top with sliced strawberries, blueberries or fruit of choice.

## Loaded Banana Sundae

- 1/2 Banana, cut lengthwise
  - 1 Tbsp Peanut Butter
  - 2 Tbsp Vanilla Greek Yogurt
  - 1/8 Cup Berries
  - Sprinkle of Granola
1. Spread peanut butter on sliced banana and top with Greek yogurt.
  2. Sprinkle with berries of choice and a dash of Granola