



FUN IN THE SUN!

The summer is officially here! We hope you are enjoying the warm weather and taking part in fun, healthy activities. Whether you are swimming at the beach, going for a walk, hiking or trying out a new recipe, the options for healthy summer activities are endless.

Over the next few months, we will be featuring various articles, recipes, tips and tricks to help guide you as you

work to accomplish or maintain your health and wellness goals this summer.

If you have any suggestions or topics you would like to see in future newsletters, contact the Campus Dietitian at cholland@framingham.edu. We would love to hear your input!



FSU Dining Services Team

NATIONAL ICED TEA MONTH

Did you know that June is National Iced Tea Month? The origin of tea dates back at least 5,000 years and today over 158 million Americans drink tea according to the Tea Association of the USA. From reducing the risk of heart disease and cancer to aiding in weight loss, tea has been praised for its potential health benefits. While there are health benefits to drinking tea, some have more scientific backing than others. Take a look:

Improve Heart Health

Scientific studies show the flavonoids in tea help reduce blood clotting and reduce the risk of cardiovascular disease. In addition, there is strong evidence that suggests drinking tea can help lower blood pressure, total cholesterol and LDL cholesterol.

Aid in Weight Loss

There are scientific studies that support tea as a weight loss beverage. However these studies use tea extracts, opposed to brewed tea. The results may not be directly applicable to brewed tea consumed at home.

Reduce the Risk of Cancer

Scientific studies suggest drinking tea may play a role in cancer prevention in animals. However, results are limited in human studies. The National Cancer Institute does not recommend for or against using tea for cancer risk reduction.

While there may be limited scientific evidence that supports drinking tea to reduce the risk of cancer or aid in weight loss, it is a low calorie beverage that can be incorporated in your diet to add variety and replace high calorie, sugar filled beverages.

Now before you go and grab a bottle of iced tea, be sure to check the nutrition label! An average 16 ounce bottle of iced tea contains between 25 - 40 grams of sugar. That equals $6\frac{1}{4}$ - 10 teaspoons of sugar per bottle which can add 100 - 160 additional calories from sugar to your daily intake. Be sure to choose unsweetened varieties and flavor it yourself with fresh fruit slices. From peaches to raspberries to lemons to strawberries, the flavor options are endless. You can find unsweetened varieties of iced tea at your local grocery store, or better yet try brewing it yourself at home.

When you brew your own iced tea you have more control over the type of tea you use and the ingredients that you add. Try brewing a large batch of tea at the beginning of the week and store it in your refrigerator. Add sliced fruit and let the tea infuse. Over the course of the week you will have a tasty and refreshing beverage that can help cool you down and will not add extra calories to your day.



CAROLYN'S CORNER

Got greens? Leafy greens come in all different shapes and sizes. From kale to collard greens to turnip greens to Swiss chard to mustard greens, there is a taste and texture to please everyone's taste buds. Plus they are an important part of your diet. Leafy greens are nutrient dense - packed with vitamins, minerals, and antioxidants. Take a look at some of the benefits of leafy greens:

Fiber: Leafy greens are a great source of fiber which keeps you feeling full and helps with weight management. Plus greens are low in calories!

Vitamin K: Vitamin K is known for its blood clotting properties and also promotes bone health.

Calcium: Collards and kale are rich in calcium to support teeth and bone health. Calcium also helps muscles like the heart function properly.

Antioxidant Properties: Studies have shown that the risk of certain cancers are reduced when 2-3 servings of leafy greens are eaten daily.

How to Add More to Your Day?

- > Mix up your salad and try a new type of green
- > Try leafy greens in a stir-fry
- > Bulk up your soup by adding spinach
- > Add spinach or kale to your smoothie
- > Use on a sandwich instead of iceberg lettuce
- > Steam up mustard greens as a side dish



BEAT THE HEAT

Beat the heat this summer by hydrating! Staying hydrated is an important part of overall health. Even a low level of dehydration can result in tiredness, headaches, and lower levels of concentration. How much water you need a day depends on a number of different factors including your overall health, activity level, and the climate. For a guide, the Institute of Medicine determined that the adequate intake for a male is 13 cups of water a day and for women, 9 cups of water a day. If you have a high activity level, live in a warmer climate or are ill your daily water needs will increase. This summer, be sure to stay hydrated!

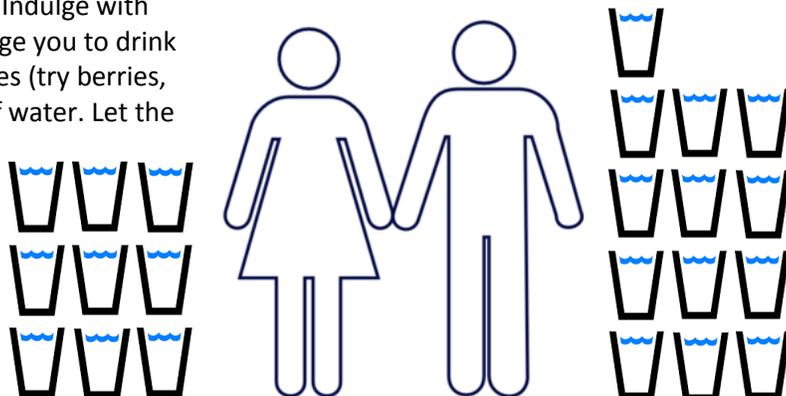
Dietitian's Tip

Carry a reusable water bottle! You will be more likely to drink water when you have your bottle readily available. Look for water bubblers to fill up your bottle on campus!

How Can You Meet Your Water Needs?

1 Set a Schedule - Commit to drinking at key times throughout the day, such as every two hours, or when you wake up, eat meals and go to bed. You can also cue yourself to hydrate every time you go into a meeting, start a class, or sit down to watch television.

2 Get Creative - Plain old water can get boring. Indulge with flavored and infused waters that will encourage you to drink more. Choose your favorite fruits or vegetables (try berries, cucumber, or lemon) and stir into a pitcher of water. Let the flavors infuse for a few hours in the refrigerator and enjoy!



For more information, please contact:

Dining Services

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