

- Eating Habits to Pick Up Over the Summer
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Summer vacation is a time where students are out of school and parents take time off from work to go on fun adventures with the family. We often use this time to enjoy ourselves; trips to various places occur and unstructured schedules appear, but the extra amount of time we have can mean more time to snack. Some people during this time of year find themselves gaining weight, but there are small things we can watch out for when picking what we eat to maintain our usual year-round body weight.

During the summer, the heat rolls in and many people try to find various ways to keep cool. One common thing people turn to is to drink iced tea or lemonade. Although the drinks are refreshing, they can be packed with sugar and calories which may amount to the equivalent to a soda. An easy way to avoid the excessive amount of sugar is to simply drink iced water with slices of various fruit added for flavor.

Barbeques are a staple of summer vacation. Popular meats served at home or in restaurants are usually pulled pork or ribs, but these dishes contain large amounts of saturated fats and the sauce adds more unnecessary sugar. An easy way to avoid pork and ribs is to switch out for skinless chicken breast, which offers just as much protein for less calories and grams of fat. To go the extra mile, only use small portions of barbecue sauce.

Snacking when out of the house is an easy, mindless thing. However, the fries, nachos, wings, and other foods served in restaurants add up over time. Most places offer salads where lean protein like grilled chicken, shrimp, or fish can be added. Asking for pickles on the side of a burger instead of fries can overall cut calories and fat.

Another common way individuals stay cool in the summer is to go for ice cream or frozen yogurt. While many people feel that froyo is the healthier option of the two, it actually has a lot of added sugar and may even have more calories than ice cream. Of the two options, small scoops of either won't hurt.

Summer vacation is a time of fun but deviating from regular schedules can cause an individual to change up their eating habits, potentially affecting overall weight. Choosing to avoid or put a limit on certain foods can make a positive impact on summer health.