

Hello JUNE

We have finally reached time for warm weather here in Michigan! With that being said, this increases our travel, eating out and gatherings with extra fun foods. So below are some tips for during these times to help stay on track the best we can and still enjoy our summer!

1. WATER, WATER, WATER! When we are eating out, eating foods we don't normally eat or increasing alcohol intake, we tend to hold on to more water. If we increase our water intake, it is easier for our bodies to retain less, wash out excess sodium and decrease bloat as well.
2. Protein: an easy way to decrease overall food intake at a summer gathering is to have a good, healthy meal or source of protein before the event. For example, having a protein shake on your way will fill you up and help decrease the consistent grabbing for all the foods around us.
3. During vacation we tend to increase our activity which helps increase our calorie deficit when we are eating more food, especially foods that we don't normally eat. So keep up with your steps, and try to choose foods that are a smidge healthier when you are out to eat. If there is a choice between grilled chicken and steak, choose the grilled chicken more times than the steak. This choice will decrease the overall calories, fat, and cholesterol. BUT, still choose fun foods throughout your vacation too – you are there to enjoy ;)

Strawberry-Chocolate Greek Yogurt Bark

Ingredients

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1 ½ cups sliced strawberries
- ¼ cup mini chocolate chips

Directions

1. Line a rimmed baking sheet with parchment paper.
2. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.
3. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces



Serving Size: One 1 3/4-by-2 1/2-inch piece

Per Serving: 34 calories; protein 2g; carbohydrates 4g; sugars 3.5g; fat 1.3g