

June: EATING WELL/PLANNING A NUTRITIOUS DAY

Eating well and eating to stay well means enjoying a variety of food. Variety matters because no food has all the nutrients and other substances needed for a healthy body. So be sure to follow a well-balanced eating plan.

It seems to be a little easier to eat "light" in the summer time, because of the heat and because we are more active. Also, there are a lot of vegetable and fruit markets available to supply us with us that "fresh from the garden taste"!

Included you will find the recommended daily intakes for healthy adults and some fun recipes. Please share some of your favorite heart healthy recipes with your co-workers and friends.

[Zucchini Lasagna](#)

[Healthy Caesar Salad](#)

[Stir-Fried Beef & Vegetables](#)

[1-2-3 Peach Cobbler](#)

