

## *The Lunchbox Nutritionist* *Kathleen Searles MS, RD, LDN*



This month's newsletter is packed full of information to help you have a healthy, fun, and safe summer. Be sure to print out the handy list of poolside snacks along with tips and recipes to help keep you hydrated. You will also find some of my favorite poolside exercises to keep fit and stay strong while having fun in the sun. And let's not forget the importance of skin care! This month I have prepared a newsletter full of the essential information you need for a healthy, safe, and fun summer. I hope you enjoy!

- Kathleen Searles, MS, RD, CSSD, LDN



### **Poolside Snacks:**

Have you ever noticed how hungry you can become after a long day by the pool? Here is a list of easy snacks that pack in fiber and protein to help fuel your body with energy for fun and that will satisfy your hunger. Enjoy!

- Fresh fruit such as berries or watermelon mixed with Greek yogurt and almonds
- Popsicles- whole fruit popsicles found in your local grocery store, or make your own by purchasing a popsicle mold and using 100% juice and fruit pieces, no need to add any sugar!

### **Time for Fun! Pool Games for the Whole Family**



**Duck Thrust:** You will need a few rubber duckies. Have players stand at one end of the pool and give them a rubber duckie. They must use their nose to push the duck to the other end of the pool. They can also "blow" the duck forward. The other players can "distract" the players by splashing water in their faces or splashing water toward their ducks to knock them backward. They can't touch their duck or other player's ducks. The first duck to touch the end of the pool is the winner!

**Hide the Balloons:** Need 12+ inflated balloons. Place inflated balloons in the shallow end of a pool. Players compete

- Smoothies-smoothies are quick to make; just blend any combination of the following: fresh or frozen fruit, nonfat yogurt, nonfat milk (cow, soy, almond, or coconut milk), optional protein powder and ice cubes. The more fruit with less liquid can make for a thicker smoothie that can be eaten like ice cream!
- Frozen grapes - providing about 70 calories for twenty grapes, this snack is as simple as placing in the freezer a few hours before heading out to the pool!
- Frozen bananas - Peel banana and place a skewer through the banana length wise; if you'd like roll in natural peanut butter or dark chocolate then roll in nuts or coconut and put in the freezer for 45-60 minutes
- Hummus and veggies such as sliced red bell peppers and cucumbers
- Cheese and whole grain crackers
- Roasted garbanzo beans - Dry garbanzo beans completely and coat with olive oil and low sodium seasonings of your choice and bake at 400° F for 30 minutes.
- Trail mix - make your own by mixing: dry roasted peanuts or almonds, pumpkin seeds, dried cranberries, freeze dried fruit, and sunflower seeds.
- Ants on a log - Celery sticks with peanut butter and raisins
- Frogs on a log - Celery sticks with cream cheese and sliced green olives
- Fresh fruit such as berries and melon

### Wear Sunscreen and Reapply Often!

Dermatologists strongly recommend using a sunscreen with an SPF 15 or greater. Look for a sunscreen that is "waterproof" or "water-resistant," when sweating or getting in contact with water. Apply sunscreen to your dry skin 30 minutes BEFORE going outdoors. Pay particular attention to your face, ears, hands and arms. Apply sunscreen liberally to completely cover your body.

### Poolside Fitness

to see who can grab and hold the most balloons under their bodies in a minute.

Race to see who can swim across the pool the fastest or who can go the longest without touching the bottom or the sides of the pool by swimming and treading water.

### Stay Hydrated

Proper hydration is very important! Replace sweat losses with water. If participating in moderate exercise or you are outside in the heat for 60 minutes or less water is sufficient. If participating in exercise or you are outside in the heat for greater than 60 minutes, use a sports carbohydrate drink to replace fluids. Urine color should be a straw or lemonade color. If your urine looks like apple juice, you are dehydrated.

There are other ways to stay hydrated besides drinking plain water. Here are a few ideas:

- Add lemon or lime juice to water
- Try filling a pitcher with mint, raspberries, sliced cucumbers, cinnamon sticks or sliced apples and leave in the refrigerator overnight; this will add a nice flavor to the water
- Make green and black unsweetened iced teas
- Sparkling flavored (no sugar added, no artificial sweetener) water such as *LaCroix*

There are also plenty of sources of hidden water in our food such as in fruits and vegetables. Eat your fruit. Watermelon is 90% water. Other fruits high in water include: oranges, grapefruit, cantaloupe, honeydew. Eat your veggies: cucumbers, Romaine and iceberg lettuce, tomatoes, and celery also contain water.

Recipe of the Month: Homemade Watermelon Pops



**Pool Plank:** Stand on the pool floor. Hold a pool noodle (a long cylindrical piece of foam that floats) vertically in both hands. Press it straight down into the water and lean forward until your body is on an even incline. (Your head stays out of the water.)

**Heel Kicks:** This exercise will hit the back of your thighs! Standing on one leg, bend the opposite leg curling the heel to the buttocks. Repeat 10 - 15 times and then switch sides.

**High Knees:** Challenge yourself to walk the length of the pool (or at least to where you can while keeping your chest above water). Alternate lifting knees to your chest while swinging your arms back and forth. This exercise is an excellent cardiovascular workout as well as strengthens the core, quads, and arms.

**Core Ball Challenge:** Stand in a lunge with your right leg bent and your left extended behind you. Hold an inflated ball about 6 inches in diameter (like those found in a drugstore or toy store) with both hands directly in front of your navel. Keep your shoulders down and back. Hold this position for 30 seconds, engaging your core to keep you upright. Switch legs and hold for another 30 seconds.

## Quote of the Month:

“Your present circumstances don't determine where you can go; they merely determine where you start.”

- Nido Qubein



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### Ingredients:

1 cup seedless watermelon chunks  
1 cup orange juice  
1 cup water  
6 small 6-oz paper cups  
6 Popsicle sticks or plastic spoons

### Directions:

Mix watermelon, orange juice and water together in a blender and blend until smooth. Pour into paper cups and place in freezer. When pops are partially frozen, insert sticks or small plastic spoons into the cups. These will be your handles. Continue freezing until hard. When it is time to serve, dip the cup into warm water and pull the popsicle from its wrapper.

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### **About Kathleen Searles, MS, RD, LDN**

I am a Registered Dietitian and am licensed to practice in Massachusetts, New Hampshire, and Maine. The exciting field of nutrition has been my passion ever since I took a foods class with my friends in high school. Through my work in different states and different settings I have developed my philosophy of helping people improve their diets by finding foods that fit into their particular routines, budgets, and preferences. I look forward to helping you solve your nutrition challenges with tasty and satisfying foods.

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