Eating Healthy During a Cookout?

During the summer months, it is too easy to put on a few extra pounds with the neighbors’ cookouts.

- At all costs, try to avoid sugary alcoholic drinks, ribs, and high-fat ground beef burgers.
- Curb your appetite first with healthy options like hummus, fruits, and salad.
- Drink lots of water in between drinks and food to make sure you are not confusing hunger and thirst.
- Lighten up potato and pasta salads by using light mayo and whole-wheat pasta.

Summer Calorie Burners:

(Estimate based on 150-lb person, more calories burned if weigh more, less calories burned if weigh less)

- Mowing: 408 calories/hr
- Swimming (moderate pace): 272 calories/hr
- Golfing (riding cart): 250 calories/hr
- Golfing (carrying clubs): 341 calories/hr
- Bicycling (pleasure pace): 273 calories/hr
- Running (12min/mile): 544 calories/hr
- Fishing: 204 calories/hr
- Hiking: 405 calories/hr

Summer Health Hazards:

1) Poison Ivy: As the saying goes, “Leaves of three, Let it be.” Poison ivy has a waxy texture, with leaves in clusters of three, and is often found in shrubby areas. When outside, wear high socks for protection and avoid stepping into or touching areas of unknown green. Itchy, red, fluid-filled blisters are common symptoms of the rash. To relieve symptoms, use cool baths, antihistamines, or calamine lotion. For severe cases, a doctor may prescribe a steroid.

2) Heatstroke: Drink constantly throughout the day and especially when outside. Heatstroke happens when one cannot sweat enough to cool down and the body temperature rises. The symptoms include confusion, nausea, headache, dizziness, and fatigue. If you experience heatstroke, immediately go to the emergency room to receive intravenous fluids.

3) Sunburn: Wear at least SPF 15 whenever outside or in the car as UV rays can pass through clouds and car windows. Aloe Vera, cool baths, and OTC pain medication can help relieve symptoms.

4) Food Poisoning: Follow these simple rules to avoid diarrhea, vomiting, and nausea: 1) Use a thermometer to make sure food is adequately cooked. 2) Wash hands with soap and water before eating or use sanitizing wipes. 3) Bring food in a cooler for picnics. 4) Keep raw food separate from other foods.

Local Fruit picking

Visit PickYourOwn.org to find farms and orchards open for picking in Central Virginia.

- Strawberries: early May–early June
- Cherries: May–June
- Peaches: mid June–August
- Nectarines: July–August
- Apples: mid-July–late October
- Pumpkins: mid-September–October