

JUNE 2022 | SUMMER EDITION | VOLUME 3 | ISSUE 3

# DIETITIAN'S DISH

A QUARTERLY NEWSLETTER BROUGHT TO YOU BY:  
YOUR MGH WEIGHT CENTER REGISTERED DIETITIANS



**Stay Hydrated this Summer**

**Get you Body Moving**

**Produce in Season**

**Build a Healthy Smoothie &  
Recipes**

**Healthy Snacks on the Go!**

The content presented in this newsletter is to provide information on health and nutrition for information purposes only. This newsletter is not an attempt to provide specific medical/nutrition advice. Always consult with your health care provider, and follow their advice with regards to your individual care.

# The Importance of **HYDRATION**



## Why is Water Important?

Our bodies are made up of about 60% water and nearly every part of our bodies depend on water to function.

### Water helps:

- Moisten tissues, such as the eyes, mouth, and nose
- Regulate body temperature
- Lubricate joints
- Prevent constipation
- Carry nutrients and oxygen to cells
- Flush out waste products

## How Much?

Fluid requirements differ based on many factors, including gender, age, and activity level. As a general rule, aim for:

- **Men:** 8-13 cups/day
- **Women:** 8-9 cups/day

## Recognizing Dehydration

These signs of dehydration are usually pretty easy to spot, however it is important to not rely on these symptoms to remember to drink. Stay ahead of dehydration and don't wait until you notice symptoms.

Some of the more common signs of dehydration include:

- Infrequent urination or small amounts of urine
- Dark urine
- Dry mucus membranes (mouth, lips, eyes)
- Fatigue
- Extreme thirst
- Headache
- Confusion
- Dizziness or lightheadedness

## Hydration Tips

### Carry a Water Bottle

Purchase a water bottle and bring it with you everywhere you go! If water is constantly in sight, you'll be less likely to forget to drink!

### Set an Alarm

Set an alarm on your phone or use a hydration app that reminds you every hour or two to have a glass of water.

### Choose Hydrating Foods

Incorporate foods such as cucumbers, watermelon, celery, and other fruits and vegetables that are hydrating.

### Drink a Glass Before you Eat

Always drink a glass of water before you have a meal or snack. In addition to hydrating you, water may help you feel fuller quickly and you might even realize you are thirsty, not hungry!



# Get your Body Moving this Summer!

With Summer here, there are plenty of ways we can incorporate outdoor movement and activity into our lifestyles.

## Walk on the beach

- Take a stroll while listening to the sounds of the ocean
- Sand provides additional resistance to help strengthen your muscles

## Go Hiking

- Enjoy the outdoors and wildlife while breaking a sweat!
- Perhaps you have a trail closer to you than you think
- The benefits of hiking can be both physical and mental

## Explore a Farmers Market

- Instead of taking a trip to the grocery store for your fruits and vegetables, try a local farmers market to get some of the freshest produce

## Enjoy Strawberry Picking

- Even fresher than the farmers market, pick some fruits and vegetables yourself at a local orchard!

## Take a Swim

- Take advantage of local beaches, lakes or pools for some low impact exercise
- Even a little bit of time spent treading water helps work our muscles in various ways
- Maybe try out a water aerobics class!

## Beautify your Garden

- Boost your body and mind
- Get your movement in while enjoying the fresh air and vitamin D
- Lifting and bending while gardening is great for strength and flexibility

## Go Kayaking

- A great upper body workout!
- This requires a bit more equipment, but might be worth the peaceful trip along a river with calming scenery

## Looking to Beat the Heat?

- Look into a local Mall Walking program!
- Mall walking is considered a safe and comfortable physical activity mode
- Or check out a local museum to explore some new art while getting in movement indoors!

# Fruits and Vegetables in Season!

## June

Arugula  
Asparagus  
Beets  
Cabbage  
Carrots  
Corn  
Fava Beans  
Kale  
Kohlrabi  
Oregano  
Rhubarb  
Spinach  
Strawberries

## July

Apples  
Basil  
Blueberries  
Cherries  
Cucumbers  
Eggplant  
Green beans  
Melons  
Onions  
Peaches  
Peas  
Peppers  
Potatoes  
Raspberries  
Summer Squash  
Tomatoes

## August

Broccoli  
Cantaloupes  
Cauliflower  
Celery  
Chard  
Currants  
Leeks  
Nectarines  
Parsley  
Plums  
Rutabagas  
Winter Squash  
Turnips

## Farmer's Market Tips

- Know what's in season to get the best out of your purchase
- Be open to trying something new. This can be a great opportunity to try an unfamiliar fruit or vegetable
- Bring a reusable bag and cash
- Ask the farmer any questions you might have to learn where your produce is coming from or to gather recipe ideas
- Experience fresh, local produce
- Can freeze and save for when it's not in season



# Your Guide to Building a Healthy Smoothie

## Start by adding a protein source

- Low-fat milk
- Unsweetened soy milk
- Plain Greek yogurt
- Add water if you like it more liquid-y
- Add ice for more volume

## Add 1 serving of fruit

- 1 cup berries
- 1 apple
- 1/2 banana
- 1/2 cup mango
- 1/2 cup pineapple

## For Extra fiber add

- 1/2 c Spinach or kale
- 1 small beet
- 1/2 c carrots
- 1/2 c cauliflower
- 1 tbsp chia, flax, or hemp seeds

## For Extra protein

- Protein Powder
- Peanut Butter Powder or 1 tbsp peanut butter
- Spinach

## Strawberry Lemon Smoothie Recipe:

### Ingredients

- 1/2 cup plain Greek yogurt
- 1 cup unsweetened soy milk
- 1/2 cup spinach
- 1 cup frozen strawberries
- Squeeze of lemon

### Directions

1. Combine all ingredients in a blender.
2. Blend on high until smooth.
3. If smoothie is too thick, add small amounts of water a bit at a time until desired consistency.
4. ENJOY!

# ZUCCHINI LASAGNA

## INGREDIENTS

- 3 large zucchini
- 16 oz ground beef (93% lean)
- 1/2 tsp salt
- black pepper
- 3 Tbsp Worcestershire sauce
- 1/4 cup grated parmesan cheese
- Pinch of oregano
- 24 oz jar of low sodium tomato pasta sauce
- 1 - 1/4 cups grated low-fat mozzarella cheese
- 1 cup skim milk ricotta cheese



## PREPARATION

1. Preheat oven to 350° F
2. Thinly slice zucchini to make long slices
3. In a pan, combine over medium-high heat the ground beef, salt, pepper, and Worcestershire sauce until beef is cooked
4. In an oven-safe baking dish, add a layer of pasta sauce combined with beef
5. Cover with a layer of sliced zucchini
6. Add a few spoonfuls of ricotta cheese over the zucchini slices and cover with another layer of pasta sauce with beef
7. Top the sauce with mozzarella cheese and add another layer of zucchini slices
8. Repeat process to form about 4 - 6 layers
9. Finish with a layer of ricotta and mozzarella cheese
10. Bake for about 30 min or until cheese on the top layer begins to brown

**Isabella Herdocia,  
RD's family favorite!**

# ZUCCHINI CHIPS



## INGREDIENTS

- 1 large zucchini
- 2 tablespoon olive oil
- Kosher salt

## PREPARATION

1. Preheat oven to 225 degrees Fahrenheit. Line two large baking sheets with silicon baking mats or parchment paper.
2. Slice zucchini on a mandolin.
3. After you slice your zucchini, place the slices on a sheet of paper towels and take another paper towel and sandwich the zucchini slices and press on them. This helps draw out the liquid so it will cook a bit faster.
4. Line up the zucchini slices on the prepared baking sheet tightly next to each other in a straight line, making sure not to overlap them.
5. In a small bowl, pour your olive oil and take a pastry brush to brush the olive oil on each zucchini slice.
6. Sprinkle salt to taste.
7. Bake for 2+ hours until brown and crisp.
8. Cool before removing and serving.
9. Keep in an airtight container for no more than 3 days.

# GRILLED CHICKEN SALAD WITH STRAWBERRIES AND SPINACH

## PREPARATION

1. In a small bowl whisk together the dressing ingredients.
2. For the chicken: Season chicken with seasoned salt, then mix in crushed garlic.
3. Light the grill or indoor grill pan on medium heat, when hot. Spray the grates with oil and grill the chicken about 10 to 11 minutes on each side until charred on the outside and cooked through the center. Set aside on a cutting board and slice on an angle.
4. In a large bowl toss the spinach with the dressing. Divide between 4 plates and top with strawberries, goat cheese and grilled chicken.

## INGREDIENTS

### For the dressing:

- 3 tbsp golden balsamic vinegar
- 3 tbsp extra virgin olive oil
- 1 tbsp chopped shallots
- 1 teaspoon honey
- 1 teaspoon water
- 1/8 teaspoon kosher salt
- fresh black pepper, to taste

### For the chicken:

- 16 oz boneless skinless chicken breast
- 1 clove garlic, crushed
- 1 teaspoon seasoned salt, to taste (I used Montreal Steak Grill Mates)

### For the Salad:

- 6 cups baby spinach
- 3 cups sliced strawberries
- 2 ounces soft goat cheese





# NO-BAKE STRAWBERRY CHEESECAKE



## INGREDIENTS

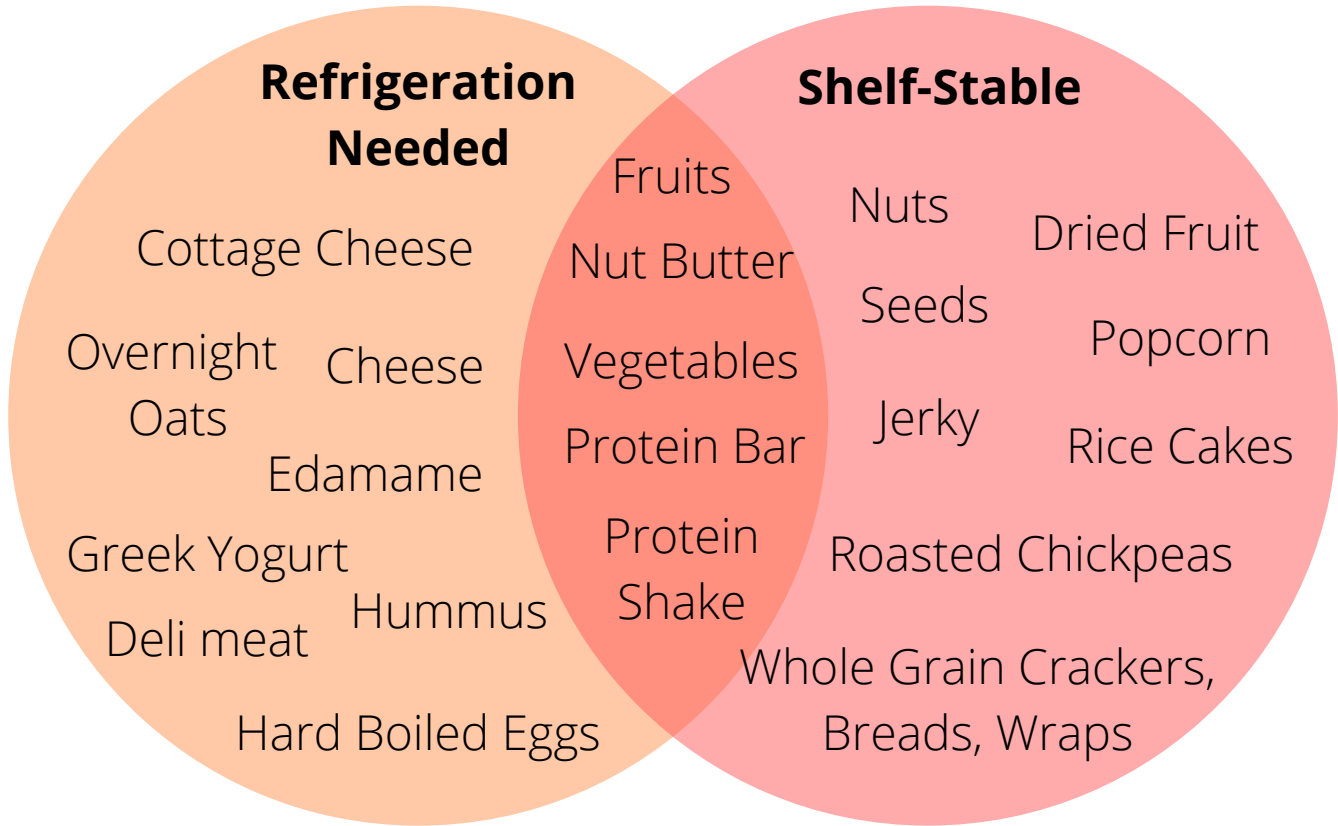
- 16 graham crackers
- 1 Tbsp melted butter
- 4oz reduced fat cream cheese
- 3/4 cup non-fat plain greek yogurt
- 1 can fat free evaporated milk
- 1 oz unflavored gelatin
- 1 packet sugar free strawberry gelatin
- 8 - 10 packets of Stevia or Splenda
- 3 tsp vanilla extract
- 2 Tbsp sugar free strawberry jam

## PREPARATION

1. Crush graham crackers then combine with melted butter
2. Press mixture to the bottom of your pan or individual containers
3. Dissolve the unflavored gelatin in 1/4 cup of cold water. Add the gelatin slowly to hydrate it and let it sit for 5 minutes
4. Place the gelatin mixture in the microwave to melt it and let it cool
5. Whisk the cream cheese, evaporated milk, greek yogurt, Stevia or Splenda, and vanilla extract
6. Add the unflavored gelatin
7. Pour the mixture over the crushed graham cracker crust and refrigerate over night (or at least 5 hours)
8. In 1 cup of hot water dissolve the strawberry gelatin. Add 1 cup of cold water and sugar free strawberry jam
9. Pour the strawberry gelatin mixture over the cream cheese mixture and refrigerate until it is solid

# Snacks on the Go!

The summertime can be busy! With work, vacations, camps, cookouts, sporting events and everything in between, it can be easy to not prioritize nutritious foods. Check out this list of snacks to have on the go to help you stay nourished and satisfied all summer long!



## Snacks to Have...

### In your bag

- Crackers & tuna pack
- Banana & protein bar
- Almonds & raisins
- Turkey jerky
- Clementine & seeds

### In a cooler

- Greek yogurt & berries
- Hard boiled eggs
- String cheese
- Carrots & hummus
- Pre-made protein shake

### In the car

- Rice cake & PB
- Roasted chickpea
- Popcorn
- Protein powder (mix with water) & apple

\*Check all food labels for proper storage instructions. Stick to the "two-hour rule" for leaving items that require refrigeration out at room temperature for more than 2 hours, if >90 degrees no more than 1 hour.