



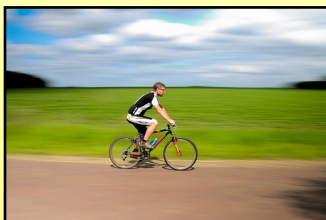
## Extreme Vs. Flexible Dietary Habits

There are many reasons why summer is a common time of year for people to start focusing more on their diet. Whatever's driving you to make healthier choices, it's important to set realistic goals and jump into a sustainable food plan that will give you long term results.

### Extreme Vs. Flexible Dieting

There isn't really a clear definition for "clean eating." In general, this term refers to a way of eating that consists of fruits, vegetables, lean meats and many other unprocessed, whole foods. From a dietitian's perspective the basis of a healthy diet should be rooted in most of these "clean eating" principles. Eating food as close to it's original source as possible (i.e. an apple instead of apple fruit snacks, or grilled chicken vs. fried chicken) and cooking most of your meals at home is a great way to ensure you avoid excess calories and ingredients that aren't great for your overall optimal health.

"Flexible dieting" is a way of eating that allows you to enjoy your favorite foods in moderation without feelings of guilt. Flexible dieters can also fall into the category of extremism if all of the food they eat is processed, sugary or from a package or take out restaurant.



Studies show that rigid, non-flexible eating behaviors may contribute to higher susceptibility to eating problems that may make it difficult for one to achieve a healthy body weight. Never allowing yourself a treat or an "unclean" food from time to time can be a dangerous game to play. Real evidence doesn't point to a need to classify foods as "good" or "bad."



For most people the road to optimal health involves consuming a varied, whole food based diet that avoids rigidity towards an unhealthy treat once and a while.

### What it Means to Get Healthy

When it comes to living a healthy lifestyle, keep it simple. Filling up half your plate with fruits and veggies is an easy way to know you're getting the fiber, vitamins and minerals you need from your diet. Focusing on color and variety of lean proteins in your meals, prepping most of your food at home, and having healthy snacks will also help keep your diet on track. Know when to "splurge" on a treat by assessing your reason for eating. Make sure you're not eating due to emotional reasons and that you're balancing your treats out with exercise. Getting enough sleep may help you make better food choices as well. Food is a huge part of our lives. Keep it simple, balanced, and enjoy the process of learning how to do it well!

## Savor the Flavors of Summer

Eating locally grown food tastes great and supports the local agricultural environment. Click on the recipes below to add some creativity to your menu this summer.

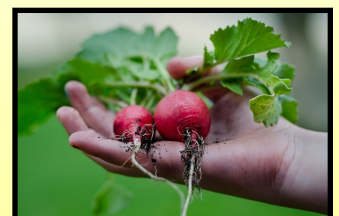
### Berry Cherry Ice Cream



### Baked Eggplant Fries with Spicy Tomato Dipping Sauce



### Radish, Goat Cheese and Arugula Pizza



*For more delicious seasonal recipes [click here.](#)*

**June is Men's Health Awareness Month**



It's important to be aware of the risk factors and symptoms of prostate cancer. Early prostate cancer usually causes no symptoms. Advanced prostate cancer can cause some symptoms, such as:

- Problems passing urine, including a slow or weak urinary stream or the need to urinate more often especially at night
- Blood in the urine
- Trouble getting an erection (impotence)

- Pain in the hips, back (spine), chest (ribs), or other areas from cancer spread to bone
- Weakness or numbness in the legs or feet, or even loss of bladder or bowel control from cancer pressing on the spinal cord

The symptoms of prostate cancer may be different for each man. As a result, routine screenings in the form of digital rectal exams (DRE) and prostate specific androgen (PSA) tests are important.



Click here to learn some healthy hints for [prostate cancer prevention!](#)

**Fresh Melon Salsa**

([www.wholefoods.com](http://www.wholefoods.com); makes 3 cups or 12 servings)

Take advantage of ripe melon to create this refreshing fruit salsa with subtle heat from a hint of jalapeno. Serve atop grilled meats or tossed into salads.



**Did You Know?**

*The average American consumes less than 2 cups of fruits and vegetables per day and it should be 4-5 cups per day per person! [Click here](#) to learn more about how many fruits and vegetables you need for good health.*

**Ingredients:**

- 3 cups diced melon such as cantaloupe, honeydew and/or watermelon (seeds removed)
- 1/4 cup minced red onion
- 2 tablespoons lime juice
- 2 tablespoons minced fresh cilantro
- 2 teaspoons minced fresh jalapeno pepper

**Method:**

Combine melon, onion, lime juice and jalapeno in a medium bowl. Serve immediately.



**Fire up the barbeque for some healthy summer meals! [Click here](#) for some healthy grilling tips.**

**Healthy and Recreational Summer Activity Suggestions**

**CAMPING**

**ANTIQUING AND TAG SALES**

**START A VEGGIE GARDEN**

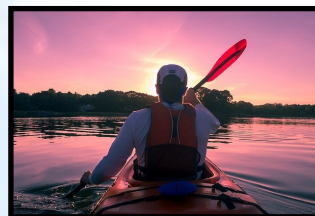
**VISIT AN ART MUSEUM**

**[CLICK HERE FOR MORE SUMMER ACTIVIT IDEAS!](#)**

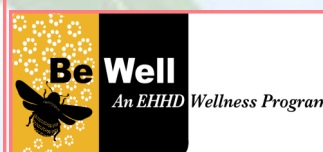
**VISIT A FARMERS MARKET AND/OR A LOCAL FARM**

**NIGHT WALKS AND STAR GAZING**

**CANOEING AND KAYAKING**



**WALKING, HIKING AND STROLLING**



Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from the Ct Dept. of Public Health. The goal of the program is to make the healthy choice the easy choice.

Phone: 860.429.3361 Email: [be\\_well@ehhd.org](mailto:be_well@ehhd.org)

Sources of this Buzz include [Anthem Health](#), [Prostate Cancer Foundation](#), [www.Mindbodygreen.com](http://www.Mindbodygreen.com), [www.cdc.gov](http://www.cdc.gov), [Academy of Nutrition and Dietetics](#)