~ Celebrate Summer With Salads ~

With the bright sun and warm days, a refreshing summer salad might be just what you crave for dinner. Just be careful; many salads have hundreds or thousands of calories. Use these tips to make yours more nutritious as well as colorful, hearty, disease fighting, and tasty!

► **Start with a green base, the darker the better.** Spinach, arugula, and kale provide more vitamins and minerals than iceberg. Romaine is a nice mild-tasting addition to the darkest greens, so feel free to mix things up.

► **Add deep colors.**

*Red:* chopped cabbage, radishes, tomatoes, beets

*Yellow:* banana peppers, bell peppers, summer squash

*Green:* artichokes, cucumbers, sugar snap peas, broccoli

*Orange:* bell peppers, carrots, mandarin oranges

*White:* onions, mushrooms, chopped garlic

► **Beware toppings that provide mostly empty calories,** including some croutons, sesame sticks and cream-based salads such as the pasta salad found on salad bars.

► **Get creative with protein sources that turn your salad into a meal.** Top with grilled salmon, chicken, shrimp, or tofu. Toss with chickpeas or garbanzo beans. Add in drained canned tuna, sunflower seeds or walnuts.

► **Add interest with a cooked grain,** such as quinoa or brown rice.

If your garden is providing you with overwhelming amounts of fresh produce, see our August 2012 newsletter for food preservation tips: [http://www.nutritioncenter.colostate.edu/news-and-recipes.aspx](http://www.nutritioncenter.colostate.edu/news-and-recipes.aspx)
~ August is National Goat Cheese Month! ~

- Goat cheese is lower in fat and calories than cow’s cheese. 1 ounce of goat cheese provides about 80 calories, 6 grams of fat and 5 grams of protein.
- Goat’s milk has slightly less lactose than cow’s milk, so may be tolerated in small amounts by people with lactose intolerance.
- Goat cheese is a good source of calcium, potassium, vitamin A, thiamin, and niacin.

What do all those vitamins and minerals do for you?

**Calcium** - Everyone knows calcium makes your bones strong, but did you know that it also allows your body to properly flex and work your muscles? You can thank the calcium in goat cheese on that next bike ride!

**Potassium** - Potassium is an electrolyte that allows for proper electrical signaling through your body and is critical for good heart health.

**Vitamin A** - Your sight, immunity, and skin all depend on vitamin A. It is a fat-soluble vitamin so we can store what we don’t use right away.

**Thiamin and Niacin** - These B vitamins help you process energy from the foods you eat.

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**Watermelon and Tomato Salad**

- 2 cups diced watermelon
- 2 small tomatoes, quartered
- 2 ounces goat cheese, crumbled
- 2 tablespoons balsamic vinaigrette
- 2 tablespoons diced fresh basil

Toss watermelon, tomatoes, and goat cheese.

Drizzle with the vinaigrette and top with basil.

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Sign up now for Fall programs before they fill up.

Healthy You: Weight Management & Mindful Eating Program
10 weekly classes include curriculum, pedometer, and weekly snacks and prizes.
- Individual meetings with a registered dietitian and social support throughout
- Portion control, intuitive eating, behavior change techniques, physical activity guidelines
- Nutrition in formation including calorie needs, fiber, sugar, sodium, and more
- Hands-on cooking class
**Dates: Tuesdays 12-1 PM, September 10 - Nov 12**
Cost: $175 (scholarships available) (half price CSU)
Sign up with a partner and each save $50!

Dining With Diabetes
4 weekly classes include curriculum, pedometer and weekly hands-on cooking class
- Individual meetings with a registered dietitian and social support throughout
- Diabetes management and risk reduction information
- Nutrition education with realistic, usable tips
- Menu planning, portion control, and recipes
- Guidelines for physical activity
**Dates: Thursdays 6-7:30 PM, October 3-24**
Cost: $100 (scholarships available) (half price CSU)
Sign up now at https://www.chhs.colostate.edu/kanc/

Not on campus? We have an online program for you.

Healthy You Self-Paced Program
Download our curriculum of 10 self-paced units that will help you lose weight by learning behavior change, portion control, hunger and fullness cues, eating mindfully, meal planning, and more. Each unit contains:
- A newsletter with information on nutrition and physical activity
- Handouts, recipes, activities, and homework to ensure ongoing motivation
**Dates: Ongoing**
Cost: $50
Purchase now at https://www.chhs.colostate.edu/kanc/