July Sun and Antioxidant Fun!
Find ways to eat more antioxidants this summer.

Antioxidants are largely found in fruits and vegetables. They help optimize health by fighting free radicals found in the body which can cause damage to cells as well as DNA. Consuming antioxidants may prevent cell damage as well as oxidative stress in the cardiovascular system. Additionally, they may help improve brain health and nervous system health.

Daily Recommendations:
The United States Department of Agriculture’s Choose My Plate recommends making half of your plate fruits and vegetables. The average American should get 2 cups of fruit a day and 2 1/2 cups of vegetables in order to meet fiber, vitamin, mineral and antioxidant needs.

Antioxidant Facts:
- **Coffee** is the #1 Source of antioxidants in the American diet, however, the health benefits of antioxidants ultimately comes down to how the food is absorbed, making fruits and vegetables nutritionally superior to coffee.
- **Dark chocolate** is also an excellent source of flavonoids, an antioxidant which can have anti-inflammatory benefits.
- **There are three major antioxidant vitamins:** Beta Carotene (vitamin A) found in foods such as apricots, asparagus, carrots, spinach and sweet potatoes. Vitamin C found in foods such as citrus, berries, broccoli, cantaloupe, grapefruit and peppers. Vitamin E found in chard, turnip greens, mangos, nuts, papaya among others.
- Nuts, beans, whole grains, oysters, beef and poultry are all additional sources of antioxidants.

Supplements are available, but the best source of antioxidants is through eating a balanced diet with whole foods. If you are not sure if you need a supplement, ask a dietitian.
Try these fun and easy ways to add antioxidants to your day!

- Put a bowl of fresh berries or chopped veggies out to snack on when you need a little boost of energy to get through your fun summer activities.
- Add a few more vegetables to your typical salad, maybe include broccoli or carrots.
- Dip strawberries, or your favorite fruit in dark chocolate for a delicious snack.
- Enjoy a healthy refreshing smoothie in the morning or after exercise. You can be very creative when adding fruits and vegetables to make an antioxidant filled drink.
- Antioxidant filled berries like blueberries, raspberries, and strawberries are a healthy way to add plenty of red and blue to your forth of July recipes, just like the recipe below!

Red, White and Blue Popsicles!

Need a cool treat?

Try this is a healthy, fun and easy recipe, not to mention, kid friendly!

Serving Size: 1 pop
Makes: About 10, 3oz. pops

Ingredients:
- 1 1/2 cup blueberries
- 1 cup raspberries
- 2 cups limeade

Preparation:
Divide berries among freezer pop molds. Pour limeade over the berries. Insert the sticks and freeze until firm, about 6 hours. Dip the molds in hot water briefly to unmold.

Don’t have popsicle molds?
Try putting popsicle sticks into ice cube trays for the same refreshing results!

Per Pop:
Calories: 45
Fat: 0g
Carbohydrates: 12g
Sugar: 9g
Fiber: 1g
Protein: 0g
Broccoli Salad
*Bring this easy to make, antioxidant rich salad to your next summer BBQ or picnic!

Ingredients:

- 1/2 cup non-fat Greek yogurt
- 1-2 tablespoons red wine vinegar
- 2 teaspoons sugar (or to taste)
- 4 cups broccoli, chopped
- 1/2 cup walnuts
- 1/2 cup Craisins*

Directions:

1. Combine low fat Greek yogurt, vinegar and sugar in a small bowl.
2. Mix broccoli, walnuts and Craisins.
3. Pour dressing over broccoli mixture, mix to combine.
4. Chill one hour or overnight before serving.
5. Enjoy!

Serving Size: 1 cup  Number of Servings: 5

*Quick tip: Look for “Reduced Sugar” Craisins for 50% less sugar!

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<th>Nutritional Information/ Amount per serving:</th>
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Tele-coaching
Get one-on-one nutrition coaching with our registered dietitians without leaving your house. Same rate as individual coaching here: http://www.nutritioncenter.colostate.edu/programs-services/nutrition-counseling.aspx

Resting Metabolic Rate
State of the art equipment determines your basic calorie needs in a 30-minute appointment, and we provide recommendations based on your activity or weight goals.
- Cost: $100 ($50 for CSU students and employees). http://www.nutritioncenter.colostate.edu/programs-services/resting-metabolic-rate.aspx

Overview of Services
We are a HIPAA-safe environment. All staff members sign confidentiality agreements, receive HIPAA training, have TB tests, and undergo background checks. We send letters to MDs and other healthcare providers as requested.

Nutrition Coaching
Private consultation with, and recommendations from, a registered dietitian nutritionist. Includes individualized meal planning and goal setting.

Assessment of Body Composition
Body fat, waist circumference, height, weight, and BMI are privately measured by trained staff with results provided immediately. Included in Nutrition Coaching; also offered separately.

And Much More!
- Diet Analysis
- Cooking Classes
- Food Safety Demonstrations
- Diabetes programs
- Recipe Analysis
- Personal Cooking 101
- Weight management programs
- Grocery store tours
- Celiac Survival Kit
- Cookbooks
- Presentations
- Worksite wellness

Location for all activities: Room 114 Gifford building on the CSU campus
Like us on Facebook for weekly nutrition tips!
Visit our website for more information: www.nutritioncenter.colostate.edu