

## **Nutrition Connection**

The latest news and events from the Kendall Reagan Nutrition Center at Colorado State University

### **Stay Healthy On Your Vacation!**

Summer is the time for enjoying more sun and fun with friends and family. For many people, vacation can also be a challenging time to stay healthy. Social gatherings and trips are often centered on not-so-healthy food options. However, just as the summer brings more options when it comes to activities and your wardrobe, there is also a great variety of fruits and vegetables that can be enjoyed in abundance. Melons, cherries, berries, cucumbers, corn, squash, and tomatoes are all in season to enjoy.

Moderation, variety, and enjoying the summer's bounty of fruits and vegetables are key to enjoying eating and staying healthy on vacation.

#### **Healthy Vacation Ideas**

##### *Surf for restaurants*

Check out your hotel's website. There is usually an "Area Guide" or "Area Information" page that will list local restaurants with links that will take you directly to them. You can then see which restaurant has more healthy options available.

##### *Nourish your body on the concourse*

More healthy foods are becoming available in airport terminals today. You can pick up fresh produce with either a side of hummus or unsweetened yogurt at most a la carts. Also, some shops even have salad bars, whole grain sandwiches, and healthful wraps available.

##### *Take the easy path for snacks*

Although some hotel rooms provide an urban kitchen and others still offer continental breakfast, many still do not. Stopping by the grocery store for quick snacks will save your wallet and provide nutrients throughout the day. Some fruit and vegetables do not require refrigeration, and instant oatmeal is an easy breakfast that only needs boiling water from the coffee pot.

##### *Splurge at the local farmers' market*

By going to the local farmers' market you can take in the culture and also the people of the community. It's also a great way to embrace locally made soaps, wine, chocolate, cheese, sauces, jewelry and other unique products made with fresh ingredients or materials!



## Three Tips to Staying Healthy on Your Vacation

- ◆ Keep active. We get it, it's the first vacation to the coast you've taken in years and bringing your workout shoes was the last thing on your mind. You don't need them! Settle for walking a large chunk of steps each day and go on a bike ride down the beach. Stay active with the family by swimming with the little ones and bonding over who can tread water the longest.
- ◆ Stay hydrated. A big mistake tourists make is being out in the sun without enough H<sub>2</sub>O. Drink water when you're not savoring a Pina Colada. Try citrus-infused water. It's festive, and adding citrus gives your drink vitamins that can be depleted by alcohol and sun rays.
- ◆ Choose more vegetables. At some restaurants, you can order vegetables in place of a second side; this is a great way to get vitamins, minerals and fiber. No fatigue urging you back to the hotel, more energy for fun activities!

### Local Fitness Friendly Getaways

- Greyrock Mountain, *Near Bellvue*  
Located just 25 minutes from downtown Fort Collins. Round-trip length is 7.15 miles with a +1,883 net elevation difference from start to finish. Bring along your pup for motivation!
- Manitou Incline Trail, *Colorado Springs*  
One of the most popular tourist attractions in the Springs, the incline is one mile in length but covers a +2,000 evaluation during that distance. Leave your pups behind on this one, it gets steep!
- Hanging Lake, *Glenwood Springs*  
This lake looks as if it is clinging to the edge of the mountain-side and has two waterfalls! You can even walk behind one!
- Colorado Fourteeners  
Colorado is known for having some great options, even for beginners. Grays Peak, Torreys Peak, Quandary Peak and Mount Elbert are some awesome options. Be sure to prepare - there are many online resources to assist you.



### Kendall Anderson Nutrition Center is now Kendall Reagan Nutrition Center!

We are pleased to announce our new name with the marriage of our donor, Danette Anderson, to Monty Reagan. Thank you to the Reagans as well as Pat and Larry Kendall, who support us in all that we do. Watch for our new logos and updated website coming soon!

**Kendall Reagan**  
**Nutrition Center**

## Banana Ice Cream Surprise

Perfect for summer, this three-ingredient recipe is an excellent addition to your collection. Bananas are low in calories and contain vitamin C, potassium, fiber, and vitamin B6, but no fat, sodium, or cholesterol.

### Ingredients:

- 4 medium size ripe bananas (frozen)
- 1 teaspoon vanilla
- 1 tablespoon peanut butter



### Directions:

1. Peel and freeze bananas in plastic wrap.
2. Cut frozen bananas into 1 inch thick pieces and place into a large food processor.
3. Puree until consistency is smooth and similar to ice cream.
4. Add vanilla and peanut butter and process until well blended.
5. For best results serve immediately.

### Optional Additions:

- Try almond butter in place of peanut butter
- For a chocolate fix, add 2 tablespoons of dark chocolate chips
- Top with your favorite fruit

### Quick Tip:

To ripen bananas faster, put them in a sealed container—ideally a brown paper bag. Adding another fruit to the container (such as an apple or a tomato) will further speed the ripening.

Serving Size: 1/2 cup

Number of Servings: 5

### Nutritional Information/ Amount per serving:

Calories	124	Calories from Fat	32
Total Fat	3.5 g	Saturated Fat	0.8 g
Cholesterol	0 mg	Sodium	30.4 mg
Total Carbohydrate	22.9 g	Dietary Fiber	2.8 g
Sugars	12.2 g	Protein	2.6 g

## Scheduling Now!

### 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).

## Summer 2016

### National Diabetes Prevention Program

*Tuesdays, July 12 – October 25 (ongoing for 16 weeks) from 6-7 pm*

This innovative program will give you the skills and knowledge you need to prevent or control diabetes. Free to most Anthem Blue Cross Blue Shield members age 18 or higher who meet program eligibility criteria. Call us or your doctor to determine eligibility.

## Coming in Fall 2016!

### Prenatal Nutrition Presentation

*September 13 then repeated October 11, November 8 and December 13 from 6-7:15 pm*

### Mediterranean Diet Discussion and Cooking Program

*September 14, 2016 from 6-8 pm*

### Octoberfest Date Night Cooking Class: Cooking with Beer

*September 30, repeated October 28 from 6-8 pm*

### Dining With Diabetes

*October 5, 12, 19 and 26 from 12-1 pm*

Like us on [Facebook](#) for weekly nutrition tips!

Visit our website for more information: [www.nutritioncenter.colostate.edu](http://www.nutritioncenter.colostate.edu)