

A Taste of Summer

(NAPSA)—Picnicking in the park, enjoying a backyard cookout or taking a trip to the ballpark are great ways to enjoy warm weather. But how do you celebrate the season and still maintain a healthy diet with food delights always tempting you?

For the more than 18 million Americans living with diabetes, achieving and maintaining a healthy weight doesn't have to mean a compromise in summer fun. Swapping the usual fare for similar yet more nutritious food options can ensure healthy fun in the sun for everyone.

"Maintaining a healthy weight is the cornerstone to managing diabetes and is a year-round commitment. But keeping your regular diet routine during the summer months can be a challenge due to family picnics, backyard barbecues and other planned social gatherings," says Lorena Drago, a nutrition counselor and diabetes expert. "Prepare for these situations by substituting healthier food items to avoid weight gain and to keep blood sugar levels in check."

Drago recommends the following simple tips to help you meet your nutrition goals without sacrificing fun:

- **Pitch ballpark snacks.** When attending a baseball game, stay away from high-calorie food traps. Instead of hot dogs and cheesy nachos, pack your cooler with a turkey sandwich, heart-healthy almonds or a Glucerna Bar. If you don't have time to bring something from home, choose popcorn instead of sugary snacks—just remember to hold the butter.

- **Chill out.** Instead of ice cream on hot summer days, cool down with a refreshing fruit smoothie, tasty freezer pops or



Eating well with diabetes means making smart food choices.

delicious Glucerna Shake, now with enhanced flavors. Make your freezer pops using 100% juice or smoothies with fresh fruit, Glucerna and ice in a blender. Chill and enjoy!

- **A tisket, a tasket, pack veggies and grains in your basket.** For a picnic, pack pasta salad made with whole wheat or multigrain pasta, lots of veggies, fresh herbs and heart healthy olive oil, instead of traditional pasta with cheese or creamy sauces. Vegetables and whole grain foods provide fiber that helps regulate blood sugar and control calories.

With the help of these simple tips, you can celebrate the summer months and still maintain an active, healthy lifestyle that emphasizes proper nutrition, regular exercise and frequent blood glucose monitoring. Ask your health care professional how to use Glucerna nutrition products in your meal plan. To receive healthy seasonal recipes and a personalized meal and fitness plan, go to Glucerna.com or call 1-877-7GLUCERNA.