



HEALTHY SKIN FROM WITHIN

Slathering on the SPF sunscreen before heading outside is not the only way to protect your skin from the sun's damage this summer. Reach for nutritious foods, loaded with antioxidants, vitamins and minerals, to help protect and improve the appearance of your skin.

EAT TO PROTECT, FIRM AND GLOW

Protection – Grab foods high in antioxidants, such as lycopene, which can act as a natural sunscreen filtering out the bad sunrays. Antioxidants may help prevent skin damage and reverse damage already done. Reach for pink grapefruit, watermelon and tomatoes this summer.

Firmer skin – Keep hydrated with unsweetened beverages and get your fill of Omega-3s. Fluid will keep cells full and plump, while Omega-3s keep the skin cells strong and firm. Find Omega-3s in salmon and walnuts.

A healthy glow – Carotenoids give fruits and vegetables their orange, red or yellow pigment. Studies indicate that consuming enough carotenoids can give the skin a favorable golden color. Load up on carrots, tomatoes, and sweet potatoes to get your fill of carotenoids.

DID YOU KNOW?

- The sun can cause up to 90 percent of visible skin changes often credited to aging.
- Ultraviolet rays may damage the connective tissues of the skin, reducing firmness and causing it to sag.
- Eating foods may help protect skin from damage, firm the skin and even give your skin a healthy glow.



WHAT'S NEW & EXCITING



FULL CIRCLE ORGANIC FIG BARS

Full Circle Organic Fig Bars come in traditional, strawberry and raspberry flavors and are free of trans-fat, preservatives, artificial flavors and coloring. Figs are high in natural and simple sugars, minerals and fiber. They are a good source of potassium, important in helping to regulate blood pressure. Perfect as an after-school snack or a lunchbox treat.



SILK PUREALMOND 4-PACKS

Toss it in the lunch box or drop one in your purse; Silk PureAlmond now has single-serving containers of their vanilla and dark chocolate flavors. High in the antioxidant vitamin E, PureAlmond contains no dairy, lactose or saturated fat. Drinking milk just got a little sweeter.



DAIYA CHEESE

Daiya is spreading the love for cheese with their vegan and dairy-free-style shreds. Coming in mozzarella, cheddar and pepper jack flavors, these style shreds melt and stretch like the rest. Daiya is also free of artificial ingredients, preservatives and many of the common allergens including soy, gluten, egg and peanuts.

CELEBRATE NATIONAL BLUEBERRY MONTH

Celebrate July as National Blueberry Month this year by freezing this nutrient-packed fruit so you can enjoy its benefits year-round.

Nutritional benefits:

Antioxidant-Rich: Blueberries rank among the highest foods for antioxidant content per serving.

Brain Health:

Studies have shown blueberries improve learning capacity and help heal damaged brain cells.

Fiber: Blueberries are a good source of dietary fiber, aiding in heart health, digestion and lowering cholesterol.

Low-Calorie: One cup of blueberries is only 80 calories.

How to Freeze:

- Use fresh blueberries, discarding the bruised ones.
- Place dry, unwashed berries in a freezer container or resalable freezer bag.
- Label package with the date processed and content of the container.
- Take out the amount of berries needed as you wish. Remember to wash before consuming.

DIETITIAN PICK OF THE MONTH

Low-sodium and low-fat Smart Chicken breasts are the July Dietitian Pick of the Month. Take a look at how Smart Chicken breasts stand out from the crowd.

- Chickens are grain-fed and raised without antibiotics
- No water or sodium added; air-chilled
- Aged 24 hours prior to deboning to optimize tenderness
- Hand-deboned and specially trimmed locally
- At only 1 gram of fat, 110 calories, 100 mg sodium for a 4-ounce serving, Smart Chicken Breasts are a lean source of protein.

SIMPLE TO USE:

Cook and enjoy as:

- Salad Toppings
- Fajita Slices
- Grilled Chicken Sandwiches
- Pulled or Shredded Chicken Sandwiches

