

Summer Treats To Enjoy While Avoiding Unnecessary Calories



Summer is the perfect time for refreshing and delicious treats that can also support your weight goals. Here are some options:

FRUIT-FOCUSED TREATS

- **Frozen Fruits:** Enjoy frozen grapes, berries, bananas, or mangoes as a naturally sweet and refreshing treat.
- **Fruit Popsicles:** Blend fresh fruits like watermelon, strawberries, and lime juice for healthy, homemade popsicles.
- **Grilled Fruits:** Grilling pineapple or peaches caramelizes their natural sugars, intensifying their sweetness without extra sugar.
- **Berry & Yogurt Parfaits:** Layer Greek yogurt (high in protein) with fresh berries (rich in antioxidants and fiber) and a sprinkle of nuts or granola for a satisfying and nutritious treat.



LOW-CALORIE AND LOW-SUGAR OPTIONS

- **Watermelon:** This classic summer fruit is over 90% water, making it hydrating and low in calories.
- **Cucumber:** Refreshing and crisp, cucumbers are a low-calorie option for a snack or addition to salads.
- **Chia Pudding:** Chia seeds are packed with omega-3s, fiber, and protein. Mix them with milk (dairy or plant-based) and top with fruit for a healthy and satisfying pudding.
- **Frozen Yogurt Bark:** Spread yogurt on a baking sheet, add your favorite fruit and toppings, then freeze and break into chunks for a healthier alternative to ice cream.

PROTEIN AND FIBER PACKED SNACKS

- **Greek Yogurt with Fresh Berries:** Combine plain Greek yogurt and berries for a protein-packed and antioxidant-rich snack.
- **Smoothies/Smoothie Bowls:** Blend your favorite fruits, veggies, and a protein source like yogurt or protein powder for a customizable and healthy treat.
- **Edamame:** A great source of plant-based protein and fiber, easily boiled or steamed and sprinkled with a pinch of sea salt.
- **Nuts (in moderation):** Almonds, walnuts, and pistachios provide healthy fats, protein, and fiber. Stick to portion control due to their calorie density.

REMEMBER TO:

- **Stay hydrated:** Drink plenty of water throughout the day.
- **Balance nutrients:** Aim for a mix of carbs, protein, and healthy fats in your snacks.
- **Practice portion control:** Even with healthy snacks, be mindful of serving sizes.



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