

# University of Illinois Extension: Family and Consumer Sciences

## Bathroom Buzz

### 5 Ways to Eat More Veggies

**1.** Dip carrots, peppers, broccoli, or cauliflower instead of chips in dip.



**2.** Always be prepared. Pre-chop & pre-portion radishes, cucumbers, celery, peppers, carrots, and snap peas to make for an easy and quick snack.



**3.** Bulk up an omelet! Add spinach, broccoli, carrots, peppers, tomatoes, and onions to add more color, flavor, and nutrients.



**4.** It's grilling season! Grill veggie kabobs. Skewer mushrooms, bell peppers, tomatoes and onions or another veggie favorite.



**5.** Swap the pasta for zucchini noodles or spaghetti squash. Get a serving of veggies while still enjoying twirling faux pasta on the fork.



Source: Lisa Peterson, Nutrition & Wellness Educator

### Ways to Increase Daily Dairy Intake

The daily recommended amount for dairy for individuals 9 years old and up is **3 cups a day**. Below are tips to help reach the daily dairy goal while cutting down on fat:

**Lactose intolerant?** Try soy milk, lactose free milk, or yogurt. Fish and dark leafy vegetables are an additional source of calcium.

**Snack on the go?** Grab low-fat string cheese, a container of low fat or fat free yogurt, or a pudding pack made with low fat milk. When hitting the coffee shop ask for low-fat or skim milk in a latte.

**Substitutions?** Substitute plain non-fat yogurt for sour cream, use fat free evaporated milk instead of cream, or try Neufchâtel cheese or low fat ricotta cheese in place of cream cheese

Source: [Choosemyplate.gov](http://Choosemyplate.gov)

### SAVE THE DATE



**MENTAL HEALTH FIRST AID FOR THE AGRICULTURE COMMUNITY**

JUNE 29 | 8AM CT | ONLINE

**Illinois Extension**

Register online at [extension.illinois.edu](http://extension.illinois.edu) or call your local Extension office

### I Didn't Know That! Stay Cool this Summer

Older adults 65 and older are more likely to suffer from a heat stroke or heat exhaustion. Some older adults don't adjust to the sudden change in temperature as well as young people. Older adults are more likely to have a medical condition that changes their responses to heat. They are more likely than younger adults to take prescription medicines that affect the body's ability to control its temperature or sweat.

Here are 5 ways to stay cool recommended by AARP:

**Stay Hydrated!** Drink water and remember you are sweating, so drink more water than normal and don't wait until you are thirsty. Eat fruits and vegetables that contain water, such as cucumbers, celery, zucchini, watermelon, strawberries, and cauliflower. It is recommended to avoid alcoholic beverages because it dehydrates you.

**Stay indoors!** Avoid going outside during the sun's most intense hours of the day. Early mornings and later in the afternoon are typically the best times to go outside. Continue to check the weather forecast.

**Stay Cool!** If you are heating up, place a liquid ice pack around your neck and under your armpits.

**Stay Light!** Remember to wear lightweight, light-colored clothing and a wide-brimmed hat to reduce the chances of heat stroke.

**Stay Safe!** Know where to go to find your local cooling center.

Here are additional tips by the Centers for Disease Control and Prevention (CDC) recommended to help you stay cool this summer: <https://www.cdc.gov/disasters/extremeheat/heattips.html> Resource: <https://states.aarp.org/new-york/5-helpful-tips-to-stay-cool-this-summer> and <https://www.cdc.gov/disasters/extremeheat/older-adults-heat.html> adapted by Tessa Hobbs-Curley