



CEVICHE FRUIT SALAD

SERVES 4

Ceviche, raw seafood marinated with acidic fruit juices, is light and refreshing—perfect for a summer day! Best enjoyed outdoors, this fruity ceviche can be served as an appetizer along with tortilla chips, or try it as a main dish scooped into lettuce leaves. Try small bay scallops instead of fresh salmon if salmon is unavailable.

1/2 cup (125 mL) fresh lime juice
1/2 cup (125 mL) fresh orange juice
1 lb (450 g) skinless salmon, cut into 1/2 in (1.25 cm) dice
1 cup (250 mL) diced mango
1 cup (250 mL) diced pineapple
1 avocado, pitted, peeled and diced
1 cup (250 mL) cherry tomatoes, quartered
1/2 cup (125 mL) diced English cucumber
1/3 cup (80 mL) finely diced red onion
1 small jalapeño, seeded and finely chopped
1/4 cup (60 mL) chopped basil or mint
1 tsp (5 mL) sesame oil
Salt, to taste

Over large bowl, pour lime juice and orange juice through sieve. Add diced salmon to bowl and gently stir to combine. The fish should be completely covered by juice, so add more juice if needed. Cover and refrigerate for about 6 hours. Drain fish well; discard marinade. Return fish to bowl.

Gently toss salmon with mango, pineapple, avocado, tomatoes, cucumber, onion, jalapeño, basil or mint, sesame oil and a couple pinches of salt.

EACH SERVING CONTAINS: 393 calories; 25 g protein; 24 g total fat (5 g sat. fat, 0 g trans fat); 22 g total carbohydrates (13 g sugars, 6 g fiber); 147 mg sodium



BERRY, MELON AND CHICKEN SALAD

SERVES 4

The sweet-tart combo of watermelon and raspberries raises the bar on the iconic Italian Caprese salad, a mixture of tomato, mozzarella and basil. By including grilled chicken, you create more of a standalone meal (aka a perfect lunch for work!).

1 lb (450 g) boneless, skinless chicken thighs
8 cups (2 L) salad greens
2 medium tomatoes, sliced into 1/2 in (1.25 cm) wedges
2 cups (500 mL) watermelon, cubed or cut with a melon baller
1 cup (250 mL) raspberries
2 oz (57 g) bocconcini or torn pieces of fresh mozzarella
1/3 cup (80 mL) sliced basil
3 Tbsp (45 mL) olive oil
2 Tbsp (30 mL) balsamic vinegar
2 Tbsp (30 mL) chopped shallot
1 garlic clove, minced
1/4 tsp (1 mL) salt, plus more for chicken if desired
1/4 tsp (1 mL) black pepper, plus more for chicken if desired
1/4 cup (60 mL) sliced almonds

Preheat grill to medium-high and grease grill grate. Season chicken with salt and pepper if desired. Place chicken on grill. Heat for 5 minutes per side, or until an internal temperature of 165 F (74 C) is reached. Remove from heat and let rest for 10 minutes before thinly slicing.

On serving plates or in bowls, arrange salad greens, chicken, tomato, watermelon, raspberries, cheese and basil. Whisk together oil, vinegar, shallot, garlic, salt and pepper. Drizzle dressing over salad and top with almonds.

EACH SERVING CONTAINS: 388 calories; 28 g protein; 22 g total fat (5 g sat. fat, 0 g trans fat); 20 g total carbohydrates (9 g sugars, 6 g fiber); 333 mg sodium



SPICED CANTALOUPE FRUIT SALAD

SERVES 2

Whether for breakfast, snack, dessert or after a sweaty workout, this refreshing fruit salad is a welcome addition to any summer menu. Cantaloupe is the star of this show with its extra sweet, juicy flesh and delicious fragrance.

2 tsp (10 mL) honey
Juice of 1/2 orange
1/8 tsp (0.5 mL) cayenne or chili powder
1 cantaloupe
1 cup (250 mL) blackberries or other
berry of choice
1 small banana, sliced into 1/2 in
(1.25 cm) chunks
Pinch of salt
1 cup (250 mL) plain Greek yogurt
1 1/2 tsp (7 mL) vanilla extract
2 Tbsp (30 mL) roasted unsalted
pumpkin seeds

In small saucepan over medium-low heat, place honey, orange juice and cayenne or chili powder. Heat until honey is liquefied. Remove from heat and let cool to room temperature.

Slice cantaloupe in half and scoop out seeds. Cut into thin wedges and remove rind from each wedge. Arrange on serving platter.

In medium bowl, toss together berries, banana and a pinch of salt. Tumble over melon wedges. In small bowl, stir together yogurt and vanilla. Drizzle over fruit along with orange syrup and sprinkle with pumpkin seeds.

EACH SERVING CONTAINS: 335 calories; 19 g protein; 7 g total fat (1 g sat. fat, 0 g trans fat); 58 g total carbohydrates (44 g sugars, 8 g fiber); 48 mg sodium

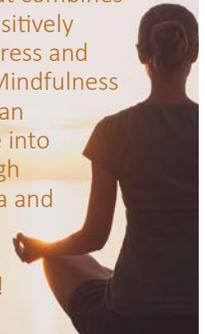


3,105 adults

from 23 U.S. metropolitan areas were surveyed about their food and sleep habits. The researchers found that sleep loss is associated with junk food cravings and unhealthy snacking at night, as well as risk of obesity and diabetes. To help promote healthy sleep, avoid stimulants like caffeine, keep your bedroom quiet, cool and dark and do your best to stick to a consistent schedule—even on weekends.

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out of 17 studies evaluated in a recent meta-analysis found that mindfulness-based stress reduction (a program that combines yoga and meditation) positively changed symptoms of stress and anxiety in participants. Mindfulness is ideal for anyone and can be simple to incorporate into your everyday life through breathing exercises, yoga and meditation. Try a few minutes a day and see the benefits for yourself!



6-YEAR-OLD

children who had quality family mealtimes were more likely to be fitter, better behaved and mentally healthier at age 10, a recent study found. Family meals don't have to be at dinnertime—choose any meal that works for your family, even just a couple times a week. The important thing is to make it count: put away your gadgets and enjoy one another's company.

90%

of 67 studies in a meta-analysis found that screen time among children and teens was associated with worse sleep quantity and quality. Screen time can negatively impact us adults, too. Before bedtime, encourage the whole family to put electronics away and instead focus on time together, playing a game or reading a book.



out of every 3 cancers diagnosed worldwide is skin cancer. But skin cancer is also one of the most preventable. August marks the long, hot, dog days of summer. Make sure to seek shade, cover up from the sun (including by donning sunglasses) and wear a high quality, broad-spectrum sunscreen every time you're outside.