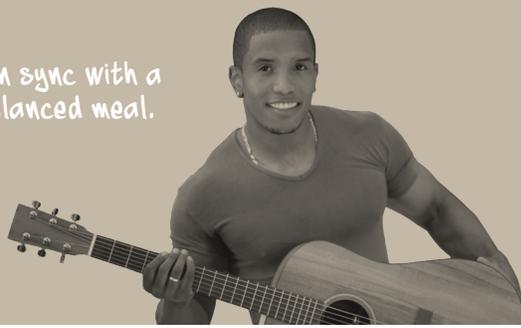


I stay in sync with a
well balanced meal.



what's your fooditude

SECONDARY EDITION NEWSLETTER JUNE

FUEL YOUR BODY AND YOUR MIND WITH A HEALTHY FOODITUDE!

Summer can be a fun time of year with all the outdoor activities, but the sun and heat can be dangerous, so make sure you protect yourself! It is essential for our bodies to absorb 10-15 minutes of sunlight daily because it provides us with all the vitamin D we need for the day. Conversely, the danger lies with longer exposure times and not being properly protected. Avoid the negative affects of the sun with these tips:

- Wear sunglasses that block the UV light. Extended exposure to the sun's UV rays has been linked to eye damage.
- Use sunscreen with an SPF 15 or higher, and remember to reapply as needed.
- Try to find those shaded areas during midday hours; this is when the sun is at its strongest.
- Wear clothing that protects exposed skin, and keep in mind that lighter colors help in reflecting heat.
- Stay hydrated and drink before you're thirsty. Carry a reusable water bottle around with you so that you can refill throughout the day. Also, consider an electrolyte drink if you're highly active.
- Eat more fruits and veggies. They consist mostly of water, which makes them a great way to stay hydrated. Plus, they are a delicious snack and will help keep your energy levels up throughout the day.
- Watch your urine stream. It may seem gross, but checking your urine is probably the best way to determine whether you're dehydrated. If it looks like watered down, colored lemonade, you're probably in the clear. But if it's a deep yellow or light orange, you're probably not drinking enough fluid.



Cauliflower is a cruciferous vegetable that is naturally high in fiber and B-vitamins. It provides a high level of antioxidants and phytonutrients that can protect against cancer. It also contains fiber to enhance weight loss and digestion, choline that is essential for learning and memory and many other important nutrients. Cauliflower is delicious raw and cooked.

ROASTED CAULIFLOWER

INGREDIENTS

1 head cauliflower, cut up
Extra virgin olive oil, to coat
sea salt
coarsely ground black pepper

DIRECTIONS

Preheat oven to 375 degrees. Place cauliflower in a large mixing bowl. Pour on enough olive oil to coat (a few tablespoons). Season generously with salt and pepper and toss gently until evenly coated.

Lay cauliflower pieces out on a baking sheet. Drizzle any remaining oil from the bowl on top. Bake, turning once, until caramelized on edges and tender, 25 to 30 minutes. Serve warm or at room temperature, as a side dish. You can also sprinkle it with a very good aged vinegar. Or, cut florets into smaller pieces and add to salads.

