



Grilled Summer Vegetables

- ½ cup fat-free Italian dressing
- 1 teaspoon garlic powder
- ½ teaspoon Italian seasoning
- Vegetable cooking spray
- 2 medium yellow squash, cut in half lengthwise
- 2 medium zucchini squash, cut in half lengthwise
- 1 medium purple onion, cut into 4 slices

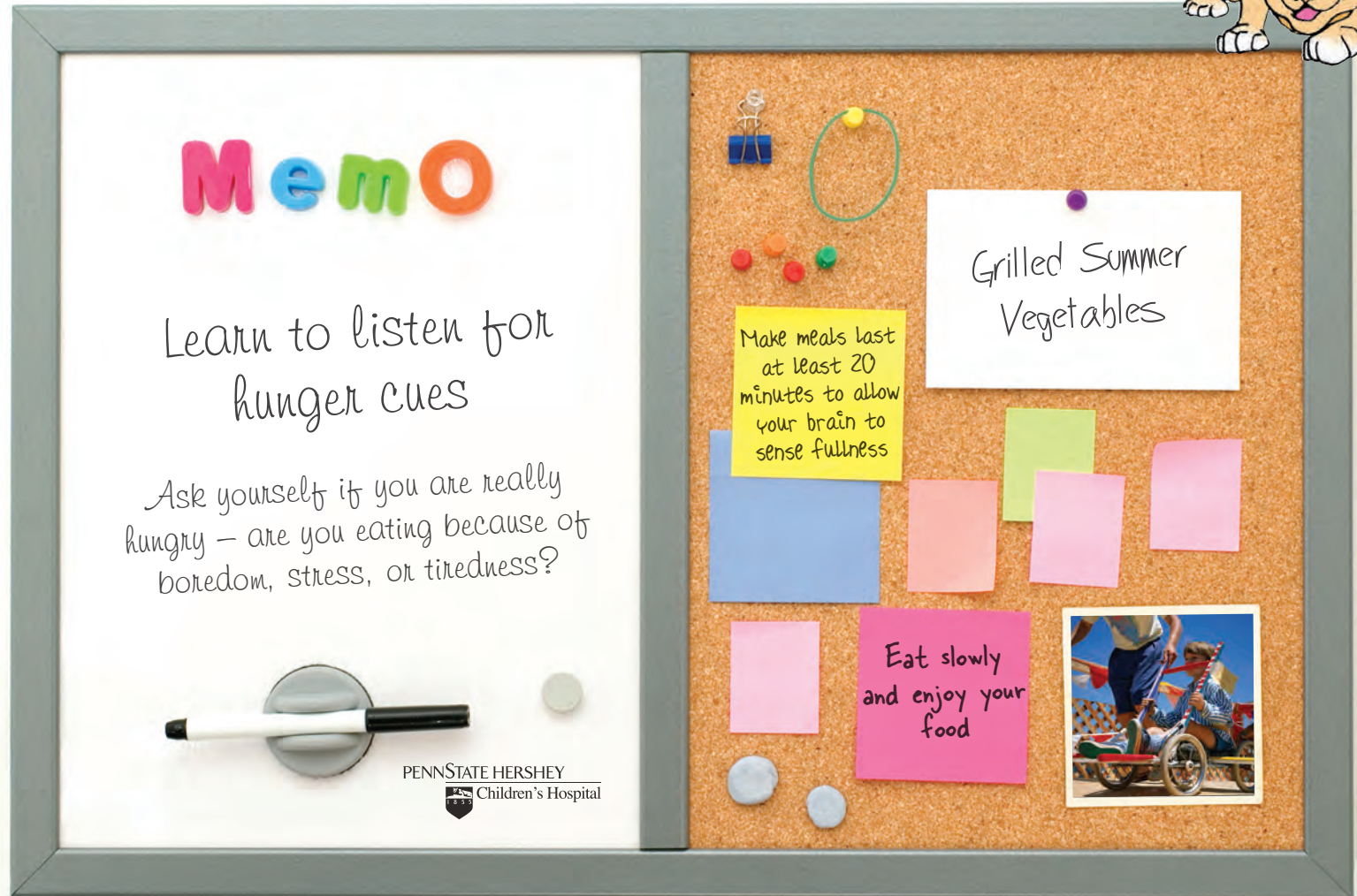
Combine first 3 ingredients; Set aside.

Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400°).

Place yellow squash, zucchini squash, and onion on rack; grill, covered, 5 minutes on each side, basting occasionally with dressing mixture.

Yield: 4 servings

Nutrition Facts per Serving:
 Calories 50 (18% from Fat), Fat 1 gm,
 Protein 2 gm, Carbohydrate 11gm,
 Fiber 3 gm, Cholesterol 1 mg, Sodium 320 mg



Look for exercise guidelines, menu planner, and a nutrition/exercise log in the back of the calendar.

Crunches



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Clean out your closets	Make a salad for dinner – use low-fat dressing	Play “Catch”	Try whole wheat tortillas	Go for a long walk with your family	Drink from smaller glasses	Take a family bike ride
Plan a healthy picnic	Chase a squirrel or butterfly	Try a new 100-calorie snack	Shoot some hoops	No fast food for 1 week.	Play “Follow the Leader”	Don’t eat after 9:00 p.m.
Do 20-30 crunches (pictured above) (Repeat 2-3 times)	Try cooking veggies on the grill (recipe above)	Take the steps instead of the elevator	Skip buffets when eating out	Park farther away and walk	Make food portions no larger than your fist	Replace 1 hour of TV time with an exercises or activities you learned from this calendar
Don’t go to the grocery store hungry	Walk the dog or just take a walk around your neighborhood	Flavor your food with herbs and spices—skip the salt	Do 10-20 alternating lunges	Eat a healthy breakfast today	Do 30-50 leg kicks —Make sure you touch your toes (Repeat 3 times)	Stop eating when you are full
Try an exercise video	Trim fat from meat before cooking	Play “Marco Polo” with your family	Don’t eat second helpings	Do 15-20 bicep curls using filled water bottles or weights (Repeat 3 times)	Read food labels-pay attention to fat and sodium content	Make up a game with your family

THIS MONTH’S HEALTHY DINING OUT TIP: Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.