

# The Best Ways to Stay Healthy This Summer

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It's a hot summer – and nothing is more annoying than being unable to breathe when temperatures range from 80-100+ degrees! Most Americans do not eat enough fruits and vegetables – however, staying healthy hinges on more than just eating good greens, but eating them when they are full of nutrients. Did you know that in season fruits and vegetables are more nutrient-dense than those imported or out of season domestic products?

Scientific studies also show two major benefits of eating in season fresh foods:

1. Naturally consume higher amounts of antioxidants
2. Reap greater benefits for your body's detoxifying systems.

There are many benefits to eating fresh produce seasonally. You support your local economy, helping farmers and markets in the area. You also help reduce the carbon footprint since the food is not transported as far!

Also, local produce has fewer premiums are placed on it. You can save money eating more healthy food!

Stay in season, friends. Make these top 7 summer foods a part of a diet that will keep your body flourishing and your mind sharp!

## **What's In Season This Summer?**

1. **Mangoes** – this amazing exotic fruit can both lower cholesterol and clear clogged pores! What a treat!
2. **Cucumbers** – great for salads or even making a refreshing water source! Make your complexion glow by slicing one up and soaking in water overnight.
3. **Avocado** – benefit from a natural metabolism boost. Makes AMAZING sandwiches and salads. A great source of good fats.
4. **Bell Peppers** – use this vitamin C packed food to power up your immune system!
5. **Carrots** – treat for your teeth! The perfect summer snack clean enamel and fight off cavity-forming bacteria.
6. **Summer Squash** – loaded with fiber and minerals, just a cup of summer squash can significantly increase the quality of your health
7. **Eggplant** – rich in antioxidants, this vegetable is most palatable sliced and pan fried in coconut oil.

Get your fill of these powerhouse foods while they're in season! This is just a short list – but these

amazing foods have properties from stress reducing to cancer preventing!

What are some of your favorite summer foods or recipes? Share with us on [Facebook!](#)