



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Refreshing fruits and veggies!

You don't have to sip a beverage to stay hydrated. Lots of produce are high in water content. During the hot summer weather, consuming lots of fresh fruits and vegetables can offer true refreshment and much needed hydration. Whether you sip or chew your way to staying hydrated, there are plenty of tasty options to accomplish it.

The lists below contain foods with 70% or higher water content.

90 - 99%

- Cantaloupe
- Strawberries
- Watermelon
- Lettuce
- Cabbage
- Celery
- Spinach
- Squash (Cooked)

80 - 89%

- Apples
- Grapes
- Oranges
- Carrots
- Broccoli (Cooked)
- Pears
- Pineapple

70 - 79%

- Bananas
- Avocados
- Potato (Baked)
- Corn (Cooked)
- Shrimp

Have a summer cookout and hydrate your guests with some of these flavorful foods in a unique way!

Grilled Watermelon and Pork Kebobs

Ingredients:

- 6 Tbsps. brown sugar
- 6 Tbsps. soy sauce
- 6 Tbsps. diced red onion
- 2 garlic cloves, minced
- 3 Tbsps. lemon juice
- 1 Tbsp. olive oil
- 1/4 tsp. ground thyme
- Dash of pepper, to taste
- 1 lb. lean pork chop, cut into 1" cubes
- 32 cubes watermelon (1")
- 16-24 zucchini rounds (1/2")
- 16 pineapple chunks (1")
- 24 pieces bell pepper (1")
- Cooking spray

Directions:

1. Combine sugar, soy sauce, onion, garlic, lemon juice, olive oil, thyme, and pepper in a mixing bowl. Pour into a zip-lock bag and add pork pieces. Seal bag, mix thoroughly, and refrigerate for at least 1 hour, turning bag on occasion.
2. Remove pork from bag and reserve marinade. Thread 5 pork pieces, 4 watermelon cubes, 2 to 3 zucchini rounds, 2 pineapple chunks, and 3 peppers on each of 8 skewers, alternating the order.
3. Heat the grill to medium high.
4. Spray cooking surface and place kebobs on grill. Grill for 12 to 15 minutes, depending on grill heat, or until done, turning and basting frequently with reserved marinade. Garnish with sesame seeds and chunks of watermelon.

Recipe (adapted) and Image courtesy of Watermelon.org.



Patriotic Fruit Salad

Ingredients:

- 1/2 watermelon, flesh removed and cut into star shapes
- Strawberries, halved
- Blueberries
- Honeydew balls
- White Grapes

Directions:

1. Mix up your favorite red, white and blue fruit salad items and serve in hollowed out watermelon bowl.

Recipe (adapted) and Image courtesy of Watermelon.org.

