



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

# Dietitian's Dish

## Stay Hydrated with Fruits!

In the summer heat, staying hydrated is an important part of staying healthy.

When you are bored with the tasteless nature of water, you can add fruits and veggies to infuse flavor. And, when you don't have water available, it's important to choose foods to help you hydrate. Fruits and vegetables are a key source of water.

Take grapes - they are made up of 80-89% water. They also have polyphenols which studies show contribute to heart health and may play a role in healthy aging. Resveratrol in grapes may benefit immune function. Even avocados are 70-79% water. Plus, they are a heart healthy fruit whose unsaturated fats help to absorb fat-soluble vitamins A, D, E, and K (which are naturally in fruits and veggies). To properly hydrate and protect your health, include fresh produce in your meals and snacks.

### Avocado Chicken Salad

#### Ingredients:

- 1 lb. chicken breast, cooked, shredded
- 2 avocados, cubed
- 2 cups grapes, halved
- 4 Romaine leaves
- 1/2 cup mayonnaise
- 2 Tbsps. celery, diced
- 2 Tbsps. pecans, chopped
- 1 Tbsp. lemon juice
- Salt and pepper, to taste



#### Directions:

1. In a medium bowl, add chicken and mayonnaise and stir until well combined.
2. Add avocado, grapes, celery, pecans, and lemon juice. Gently stir until well combined. Salt and pepper to taste.
3. Top lettuce leaf with Avocado Chicken Salad.

*Recipe and image courtesy of Avocadosfrommexico.com.*

### Peanut Butter Grape Bites

#### Ingredients:

- 12 California grapes, chilled
- 1/3 cup natural peanut or almond butter
- 1/4 cup shredded coconut
- 1/4 cup chopped dark chocolate
- 1/4 cup chopped almonds

#### Directions:

Place a sheet of wax paper on a baking sheet. Dip each grape in nut butter to coat half of it and then dip in either the coconut, dark chocolate, or chopped almonds. Transfer to the sheet, then chill until ready to serve.

*Recipe and image courtesy of Grapesfromcalifornia.com*

