

JULY 2025 | SUMMER EDITION | VOLUME 6 | ISSUE 3

DIETITIAN'S DISH

A QUARTERLY NEWSLETTER BROUGHT TO YOU BY:
YOUR MGH WEIGHT CENTER REGISTERED DIETITIANS



**SUMMER STARTS HERE:
REFRESH, RECHARGE, REFUEL**

COOLER HACKS & SNACKS

HYDRATION & ELECTROLYTE BALANCE

FARMERS MARKET MAGIC

SUMMER RECIPES TO SAVOR

Cooler Hacks & Snacks

Your Beach Bag Glow-Up: What to Pack on the Go

Heading to the beach? A hike? A lake day or road trip? Avoid the midday crash (and the overpriced concession stand) with a cooler packed for performance and pleasure. Balanced bites help fuel long days and keep your body satisfied without the post-snack slump.

When temperatures rise and you're on the move, your body's demand for energy, hydration, and recovery support goes way up.

Why It Matters:

Hot weather + activity =

- Fluid loss through sweat
- Increased energy demands
- Blood sugar spikes (then crashes) if you don't plan ahead



That's why "winging it" with food can leave you feeling foggy, fatigued, or frustrated.

But when your cooler is filled with feel-good fuel? You're not just surviving summer — you're thriving in it.

The right cooler snacks don't just keep hunger at bay — they help stabilize blood sugar, fuel all day fun, and curb cravings that might throw your goals off track.

Cooler Hacks & Snacks

Build a Balanced Cooler:

Pick 1-2 from each category below to build a refreshing, energizing, and balanced snack spread.



Protein Power

Keeps you full, supports muscles, and prevents energy dips

- Tuna/chicken/egg salad
- Greek yogurt
- Grilled chicken skewers or turkey roll-ups
- Edamame or roasted chickpeas
- Hummus

Fresh Produce

Hydrating, crunchy, and packed with fiber & vitamins

- Cucumber spears
- Mini bell peppers
- Cherry tomatoes
- Melon cubes
- Grapes
- Orange slices

Pro Tip

Use frozen grapes to keep items chilled — and double as snacks or drinks later!

Healthy Fats

Satisfying, heart-healthy, and flavor-packed

- Guacamole snack packs
- Trail mix (try homemade!)
- Nut butter packets



Eating consistently throughout the day helps regulate appetite, prevents overeating later, and supports steady energy — even on the most active summer days.

Hydration & Electrolyte Balance

Let's Not Forget About Our Hydration Heroes!

Sure, we've talked snacks — but what you sip this summer matters just as much as what you snack on. Staying hydrated is one of the simplest and most powerful things you can do to feel clear-headed, energized, and ready to soak up the season.

Water isn't just something to reach for when you're thirsty, it plays a central role in how your body functions, especially during hot, active days. When temperatures rise or humidity spikes, your fluid needs can increase quickly — often before you even realize it.

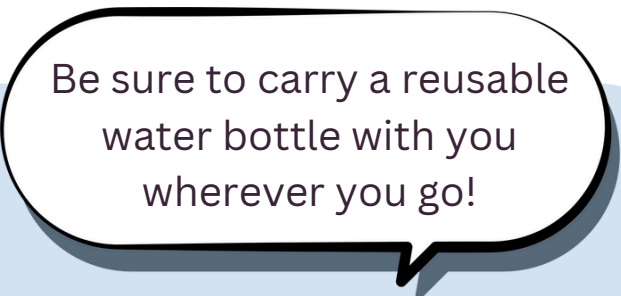
Let's break down how to keep your hydration on point all summer long.

So...How Much Do You Need?

General guideline:

- Women: 9 cups/day (2.2 L)
- Men: 13 cups/day (3 L)

Increase your intake with activity, heat, or sweat loss!



Be sure to carry a reusable water bottle with you wherever you go!

Don't Forget Your Electrolytes

Sweating causes your body to lose not just water — but also electrolytes like sodium, potassium, and magnesium that help with fluid balance, muscle contractions, and nerve function.

Try these simple, real-food ways to help replenish:

- Water with a splash of lemon, a pinch of sea salt, and mint
- Unsweetened coconut water - natural hydration support
- A few slices of salted watermelon with basil

Farmers' Market Magic

Eating with the Seasons

This summer, let color and flavor lead the way. Red tomatoes, golden corn, deep green zucchinis, dark blue and violet blueberries. And let's not forget about all of the amazing herbs! Fragrant basil, peppery arugula, crisp dill, bright parsley. Eating seasonally is one of the easiest ways to upgrade your meals. When you shop what's in season, you're getting produce (and herbs!) at peak ripeness, maximum flavor, and highest nutrient density — often at lower prices. And when it comes from your local farmers' market? Even better.

Spotlight on Summer Herbs

- **Basil:** perfect in salads, wraps, pasta, or muddled in sparkling water
- **Mint:** refreshing in drinks, fruit salads, and grilled dishes
- **Dill:** adds brightness to roasted veggies, dips, and grain bowls
- **Parsley:** not just garnish! Great in sauces, tabbouleh, or mixed into grains
- **Cilantro:** a must for salsa, tacos, slaws, and summer dressings
- **Chives:** snip over eggs, potatoes, yogurt dips, or seafood



Farmers' Market Picks to Try

- Grilled peaches with Greek yogurt and crushed mint
- Zucchini ribbons with feta and fresh dill
- Roasted carrots with yogurt, chopped parsley, and lemon zest

Pro Tip

Fresh herbs contain compounds linked to anti-inflammatory and antioxidant effects — and they make your meals pop with natural flavor, no extra salt needed!

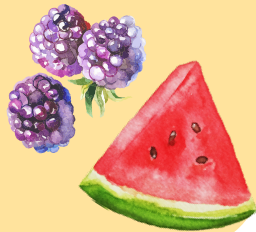
Farmers' Market Magic

What's In Season Right Now?

Keep an eye out for these vibrant, in-season picks at your local market:

Fruits

Strawberries, blueberries,
blackberries, and raspberries
Peaches
Nectarines
Cherries
Plums
Cantaloupe
Watermelon
Pears



Vegetables

Zucchini & summer squash
Cherry & heirloom tomatoes
Corn
Green beans
Cucumbers
Bell peppers
Eggplant
Snap peas
Radishes
Beets



Boston-Area Farmers' Markets to Explore

Support your local farmers and enjoy produce that didn't have to cross the country to get to your plate.

-  Cambridge Central Square Market
Mondays, 12–6pm
-  Dewey Square Market (near South Station)
Tuesdays & Thursdays, 11:30am–6:30pm
-  Copley Square Farmers Market
Tuesdays & Fridays, 11am–6pm
-  Brookline Farmers Market
Thursdays, 1:30–6:30pm
-  Haymarket Market (Downtown/North End)
Fridays & Saturdays | ~6am to 6pm
-  Union Square Farmers Market (Somerville)
Saturdays, 9am–1pm

**Try one new fruit,
vegetable, or herb
this week – and ask
your vendor how
they'd prepare it and
make it!**



Zesty Black Bean & Corn Tacos with Creamy Avocado Slaw

Ingredients (serves 3-4)

For the Tacos:

- 1 can black beans, drained and rinsed
- 1 cup corn
- 1 tbsp olive oil
- 1 tsp chili powder
- ½ tsp cumin
- Juice of 1 lime
- 8 small corn or flour tortillas
- Fresh bunch of cilantro

For the Avocado Slaw:

- 1 ripe avocado
- 1 cup shredded purple or green cabbage
- 1 jalapeño, seeded and finely chopped
- Juice of ½ lime
- 1 tbsp Greek yogurt

Instructions

1. In a skillet, heat olive oil. Add beans, corn, spices, lime juice, and sauté for 5–7 mins.
2. In a bowl, mash avocado with lime juice and yogurt. Mix with shredded cabbage and jalapeño.
3. Warm tortillas, then fill with black bean mix and top with avocado slaw. Garnish with fresh cilantro herbs!

Pair it with some Chili-Lime Watermelon Wedges:

Slice fresh watermelon and sprinkle with chili powder and lime juice. It's sweet, spicy, and ultra-hydrating!





Grilled Peaches with Whipped Cottage Cheese & Toasted Granola Crumble

Ingredients (serves 4)

For the Peaches:

- 2 ripe but firm peaches, halved + pitted
- 1 tsp olive oil
- Pinch of cinnamon

For the Crumble:

- $\frac{1}{3}$ cup granola (try homemade!)
- 1 tbsp chopped pistachios or almonds
- 1 tsp chia or hemp seeds

For the Whipped Filling:

- $\frac{3}{4}$ cup whipped cottage cheese (blend low fat cottage cheese until smooth)
- 1 tsp honey or maple syrup
- $\frac{1}{4}$ tsp vanilla extract
- Zest of $\frac{1}{2}$ lemon
- Fresh mint for garnish

Pair it with a Quick Arugula & Mint Salad:

Toss arugula with fresh mint, a squeeze of lemon juice, and a drizzle of olive oil for the perfect contrast!



Instructions

1. Preheat grill or grill pan over medium. Brush peaches lightly with oil and sprinkle with cinnamon.
2. Grill peaches cut side down for 3–5 mins until softened and lightly charred. Let cool slightly.
3. In a small bowl, stir together whipped cottage cheese, honey/maple syrup, vanilla, and lemon zest.
4. Spoon cottage cheese mixture into each grilled peach half. Top with granola, chopped nuts, and fresh mint.