



JULY 2018

National School Lunch Program encourages you to celebrate the start of summer.

Berries may be tiny in stature, but they are the most nutritionally-dense fruits out there, loaded with antioxidants such as flavonoids and antioxidant vitamins. Berries tend to be lower in sugar and thus healthier for your blood sugar levels than grapes or other fruit. Below are some of the health benefits of these tiny fruits.

Berries, especially blueberries and raspberries, contain lutein, which is important for healthy eyes and sharp vision.

Blueberries in particular have been shown to improve memory in older adults, and diminish stubborn belly fat.

Strawberries help protect the brain with a powerful antioxidant capacity. Strawberries also have been shown to reduce macular degeneration of the eyes.

Many gynecologists recommend that women consume raspberries to help reduce heavy menstrual flows, and pregnant women for relieving nausea.

We can add berries on top of our morning oatmeal, or sprinkle them on salads. However, you choose to do it, make it a point to eat berries every day. As an added bonus, putting them on your skin in a face mask can balance, tone and remove impurities: Mash 2 tablespoons blueberries, mix with 3 tablespoons fresh lemon juice and 1 cup of brown sugar. Gently scrub onto face and rinse with cool water



July is National Grilling Month. So take the covers off those grills, and get summer started.

July is National Pickle Month!



Cucumbers are a good source of Vitamin C, and since they are in season right now, try pickling some this month.

ARKANSAS DHS/NATIONAL
SCHOOL LUNCH PROGRAM

P.O. Box 1437 Slot 155
Little Rock, AR 72203

501.682.8869 phone

501.682.2334 fax