



THE TIGER TABLE

CAPE GIRARDEAU D63
NUTRITION NEWSLETTER!

BEACH BODY

By Kayla Johnson, MS, RD, LDN

With summer quickly approaching many of us may be planning family vacations or little getaways with our people. But no matter how excited you are to get out of town for a bit, it is often times tainted by the thought of being "beach body ready." As if you have to look a certain way in order to be ready for warmer weather. I don't know about you, but I've seen all kinds of bodies at the "beach."



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APRIL RECAP

In April, we discussed spring cleaning. It's more than just a closet cleanout - there's your pantry, house, and mental space, to name a few. Removing excess stuff from our lives frees us up and makes room for the things that are most important to have center stage. If this concept scares you or makes you uncomfortable, I invite you to sit in that feeling for a while. Dig deep and find out why. Then consider, how might your life be more with less.

**** Please check out underlined text for some fantastic additional information !****

SENSATIONAL SUMMER!



Whether you love summer or dread the thought; it will be here before you know it! Instead of focusing on how we look, I think there are plenty other areas of emphasis that would be well worth your time.



Time

For a lot of people, summer offers this beautiful freedom of time. You have way more time at your disposal than you've had in months! But this time can easily be sucked away by screens of various sizes vying for our attention. I want to encourage you not to allow your screens (or your kids' screens) to monopolize your time and attention. You don't get that back. Feel free to set up a boundary here as well. For example *I have 1 hour each day for social media browsing. This includes... I will also give myself 3 episodes of ___(show) per day.*

Make it specific or you'll jip your own system.



Experiences

For those of you with the pleasure of time off or vacation over the summer, I challenge you to embark on a new experience. Whether that is traveling somewhere new, taking on a hobby, or simply trying out a new walking route. Do something to mix up the norm! Your brain will literally change as you experience and learn new things.

FOOD BOUNDARIES

I find that following a really strict "diet" doesn't work for a lot of people. It's confining and makes you focus on all these things that you can't have instead of the abundance of things that will best fuel your body. However the concept of boundaries is much more freeing. Think about it. When you take kids outside and say, "Stay in the yard," without a fence that is very confusing. But set up a very clear boundary, and your kids can play to their heart's content!

I think we can apply this concept to what we eat. For example, if you love sweets but want to reign in your sweet tooth, your boundary may be: *I can have 1-2 homemade sweets when offered. I will no longer eat store-bought sweets.* There it is. Freedom with limitations you can live with. I happen to love pizza, which is so boring and mainstream, I know. But I have set up a boundary: *I don't eat pizza that I don't like.* This may sound ridiculous, but how many times do we continue eating something just because it's in front of our face? Lots...lots of times. So think of your life and your goals. Come up with a sustainable boundary that will serve you in your lifestyle and simultaneously add more freedom to your experience.

Fun Fact: Our brains were not designed to stare at a phone/screens all day. But we live in the modern world, and most of us use some sort of screen for the majority of our job. However, that screen does not have to dictate all of our time and attention! We can have a positive relationship with our electronics. [Here are some thoughts.](#)

UP AHEAD: FUN MAY HOLIDAYS

5 - National Cartoonist Day - if you like to doodle, this day is for you!

6 - School Lunch Hero Day! - we love our school lunch heroes, let them know!

13 - National Apple Pie Day - who doesn't love that?!

16- National BBQ Day - crack open those grills, invite over some neighbors, and eat some good food!



Tiger Taste Buds

Pink Lemonade



Summers in Missouri heat up quick, so why not try a nice, crisp summery beverage! Homemade lemonade is actually extremely easy and fun to make. If you've never done it, I highly suggest it! It beats the powdered mix any day. However, with so much fruit about to come in season, you can easily elevate your traditional lemonade to the next level.

Yield: 5 servings

Total Time: 10 minutes

Ingredients

- 1½ cups frozen (or fresh) raspberries
- ¼ cup maple syrup, plus more to taste*
- 4 lemons, juiced
- 4 cups cold water
- 2 cups ice cubes

Optional Garnish:

- fresh mint leaves
- fresh raspberries
- lemon slices

Instructions

1. Add the raspberries and maple syrup to a saucepan on medium-high, cooking for 3 - 4 minutes. Keep the mixture at a gentle simmer, and as the raspberries start to soften use the back of a wooden spatula or tamper to mash them up.
2. Place a sieve (or a tea towel with a rubber band) over a pitcher to strain the raspberry mixture, using the back of a spoon to press out as much liquid from the mixture into the bowl as possible. Let this liquid cool off completely.
3. When cooled, stir in the lemon juice, cold water, and ice, and give it a stir.
4. Garnish with lemon, mint and fresh raspberries if desired, and enjoy!

Note If the drink is too tart from the lemons, add more maple syrup to balance it out.

Fun fact: Mint is super easy to grow around here and will spread like crazy. Feel free to plant some in a little garden spot and enjoy it in drinks all summer long!

Adapted from Pick Up Limes

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