

8 Healthy tips for Summer Dining

It's summer, and the warmer weather tends to influence people's dining habits by eating out and attending celebrations and events more frequently. In fact, some reports show that nearly half of consumers eat out more in the summer—often on a weekly basis.



Whether you are dining out or grilling at home, here are 8 healthy reminders:

1. Use portion control.
2. Make a healthy plate.
3. Read labels.
4. Dine and shop smart.
5. Skip the salt, cut the fat.
6. Be cautious of fad diets.
7. Snack smart.
8. Hydrate, hydrate, hydrate.

For more information on this great article from The Mayo Clinic Health System: [8 healthy tips for summer dining - Mayo Clinic Health System](#)

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.