

BE ACTIVE!

- Take advantage of your time at the beach:
 - Swim
 - Whiffle Ball
 - Walk
 - Football
 - Frisbee
 - Volleyball
- Or any other game!



CALORIE BURN

Activity	Calories Burned
Swimming	170
Walking	95
Volleyball	116
Frisbee	102

- Based on a **150 pound** person for **30 minutes** of physical activity
- To personalize your calories visit: <http://www.healthstatus.com/calculate/cbc>

SUMMER VEGGIN' SANDWICH

Makes 3 sandwiches

Ingredients:

- 6 slices of Whole Wheat Bread
- 1 cup of shredded carrots
- 4 baby radishes
- 1/2 cucumber
- 1 small tomato
- 1 1/2 tbsp olive oil
- 1 1/2 tbsp lemon juice
- 3 tbsp Hummus
- 3 tbsp Pesto
- Pepper to taste

Directions:

1. Shred the carrot. Slice the radishes and cucumber into thin slices.
2. Combine the vegetables with olive oil, lemon juice, and pepper. Set aside.
3. Slice the tomato into rounds.
4. Spread 1 tbsp hummus on a slice of bread.
5. Place tomato on top then add vegetable slices.
6. Spread 1 tbsp pesto on the second slice of bread.
8. Cut sandwich in half and serve.

Nutrition Facts per sandwich:

calories 320; calories from fat 150; fat 16 g; saturated fat 2.5 g; protein 10 g; carbohydrates 34 g; fiber 7 g

Spring into Summer:

No More

Beach

Bum!

Adding some nutritional know-how to your days at the beach!



Framingham State University
Coordinated Program in Dietetics
Nutrition Fair: March 27, 2012
Student Dietitians
Kristin Gentili, Kristen Merlo, & Jenna Plant

