

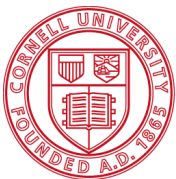
# Health Tip of the Month

## Social Summer Eating

Long, hot summer days bring on barbeques, parties with friends, and family gatherings. But did you know that people eat more when they are enjoying their friends and families?

So why not make your social gatherings healthier. Follow [ChooseMyPlate.gov](http://ChooseMyPlate.gov) 10 TIPS and enjoy your food this summer.

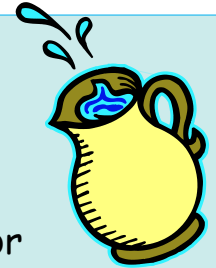
Visit NYC's Farmers' Markets for locally grown farm-fresh produce, and put New York City tap water on the table!



Cornell University  
Cooperative Extension  
New York City

### Sensible Summer Eating:

Drink water instead of sugary drinks. Put a pitcher of ice cold tap water with lemons, oranges or limes on every table. Its inviting!



Make half your plate fruits and vegetables. Help your guests by adding tomatoes and broccoli to the mac 'n cheese. Don't forget fruit salad!



Make your own seasonings, salad dressings and barbeque sauce. You'll cut down on salt and added sugar, and it will still taste great!

Enjoy your food, but eat less. Be mindful of how much food is on your plate, no matter how much fun you are having with others.