

Healthy Summer Foods for Seniors

Summer has finally arrived. The time for warm walks in the sun, tending to your garden and soaking up every last bit of nice weather.

In order to enjoy those summer days, you need to fuel your body with the proper nutrition. Many popular warm-weather foods are nutritionally dense, offering the added bonus of helping you get the vitamins and nutrients you need to remain healthy. At Winchester Gardens, we've pulled a list of a few of our favorite healthy summer foods and recipes.

Traditional Summer Foods That Are Also Healthy

Fruits: Summer months welcome a fruit heavy harvest. Watermelon, berries including strawberries and blueberries, kiwi and more are at their prime in the warmer months. When juicy fruits are abundant at your local farmer's market, it's easy to get your two recommended servings of fruit a day.

Veggie and Chip Dips: Although you may want to enjoy mayo- and sour cream-based dips in moderation, party dips like hummus, salsa and guacamole are packed with nutritional value. Hummus is mainly comprised of chickpeas, a protein-rich ingredient containing key vitamins and minerals. Tomatoes and onions in salsa contribute to your vegetable intake for the day, and avocados in guacamole contain a heart-healthy monosaturated fat.

Fresh Iced Tea: Coming in at zero calories, iced tea is a refreshing drink you can fully enjoy on those hot summer days. Both black and green teas contain high amounts of vitamins C, D and K, as well as minerals. Tea also contains the antioxidant called catechins, which helps reduce the risk of cancer.

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Light Summer Dinner Recipes

Caprese Salad: With just five ingredients, a [caprese salad](#) is a simple side to whip up along with a grilled piece of chicken or fish for dinner. Tomatoes are freshest during the summer months and are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer.

Grilled Halibut and Fresh Mango Salsa: With onion, cilantro, tomato, and mango in a lime-cider vinegar dressing, [this salsa served alongside fish](#) is as flavorful as it is nutritious. The salsa is also versatile, tasting great with halibut or any other fresh fish you have access to.

Lasagna Stuffed Zucchini: Lasagna lovers rejoice – zucchini is in season during the summer months, and it can be used as the base for a great [low-carb lasagna](#). With zucchini providing fiber and significant amounts of minerals and tomato sauce and light mozzarella cheese rounding out the dish, this is a great addition to your arsenal of comfort food recipes.

Enjoy Healthy Foods Year-Round at Winchester Gardens

At Winchester Gardens, our chefs ensure the freshest ingredients are offered by tailoring menus to what's in season. Nutrition and quality are the things that set us apart and make our food special. We'd love for you to join us for a meal – [contact us](#) today to schedule your personal tour.