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HealthyLiving

Slimmer Summer Fare

When the weather warms, there's nothing like a good picnic or cookout. But hidden calories can turn some summertime favorites into real diet busters. The good news is, a few tweaks can make them more figure-friendly.

That cookout standard the hamburger, for instance, is ripe for calorie-shaving. Use 95% lean ground beef instead of 75% lean and you'll still get good flavor and save 52 calories and 8 grams of fat (for a 3-ounce patty). If turkey's your go-to burger meat, use ground turkey breast instead of ground turkey and save 60 calories and 8 grams of fat for a 3-ounce patty.

Pasta and potato salads also can be calorie bombs because mayonnaise is typically a main ingredient. Make them healthier by experimenting with equal parts light mayo and fat-free sour cream, or fat-free Greek yogurt with added lemon juice, Dijon mustard, and dill. For coleslaw, try a vinegar-based dressing instead of mayo.

For dessert, skip the ice cream and baked goods and enjoy fruit or 100% juice ice pops instead.

Drinks are another place to save some calories. Take iced coffee: A 20-ounce iced mocha with whole milk and whipped cream can pack 450 calories and 22 grams of fat! But go sans whip and use skim milk, and you're down to 280 calories and 3 grams of fat. Skip the mocha or other sugary flavorings and you'll slim it down even more.

For alcoholic beverages, "from a calorie perspective, you're better off with beer or wine than sugary mixed drinks," says American Cancer Society Director of Nutrition and Physical Activity Colleen Doyle, MS, RD.

Make your beverages completely calorie-free by sticking to sparkling waters with a twist of lime or lemon or chilled teas sweetened with artificial sweeteners.



CLICK HERE for more healthy eating ideas and recipes.

Could it be skin cancer? What to look for

Skin cancer is the most common form of cancer – more than 2 million cases are diagnosed each year in the United States. The good news is that you can do a lot to protect yourself from this cancer or to catch it early enough so it can be treated effectively.

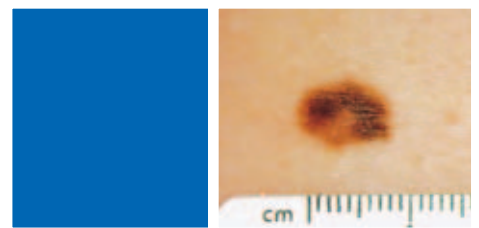
As part of a routine cancer-related checkup, your doctor should check your skin carefully. It's also important to check your own skin on a regular basis. Look at your skin in a well-lit room in front of a full-length mirror. Use a hand-held mirror to look at areas that are hard to see.

This "ABCD rule" describes some of the common signs of melanoma, the deadliest form of skin cancer:

- **Asymmetry:** One side of a mole or birthmark doesn't match the other.
- **Border:** The edges are irregular, ragged, notched, or blurred.
- **Color:** The color is not uniform and may include shades of brown or black, with patches of pink, red, white, or blue.
- **Diameter:** The spot is larger than ¼ inch across – about the size of a pencil eraser.

Not all melanomas look like this, though, so point out anything suspicious to your doctor. That would include:

- Any new spots
- Any spot that doesn't look like others on your body
- Any sore that doesn't heal
- Redness or new swelling beyond the border of the mole
- Itching, pain, or tenderness
- Oozing or scaliness



CLICK HERE for more information about skin cancer and how to stay safe in the sun.

Stay Safe in the Summer Heat

When the heat index reaches into the triple digits, you know it's summer. Sadly, each year hundreds of people die from heat-related illnesses, which occur when the body can't cool itself quickly enough.

Heat is especially dangerous when paired with high humidity. Those most at risk include people older than 65 or under age 4; those with medical conditions like obesity, heart disease, or high blood pressure; and those who

take certain medications like diuretics (water pills).

Staying in an air-conditioned area is the easiest way to avoid problems with the heat. If that's not an option, try these other ways to cool off:

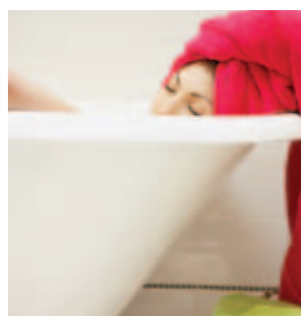
- Drink lots of cool (not cold) water; avoid drinks with alcohol, sugar, or caffeine.
- Rest in the shade.
- Wear loose-fitting, lightweight, breathable clothing.
- Pace yourself outside, and avoid heavy activity during the hottest part of the day.
- Take a cool shower, bath, or sponge bath.

If you work outside in the heat, follow the steps above and buddy up with a coworker to watch for signs of problems. Get help if you experience dizziness or confusion, chills or clammy skin, extreme weakness, fainting, or a throbbing headache, which can be signs of a heat-related illness.

And of course, don't forget sun protection for your skin. Get tips at cancer.org/sunsafety.



CLICK HERE for sun safety information.



The Scoop on Aloe

The aloe vera plant, a member of the lily family, is a common household plant originally from Africa. The gel found inside aloe leaves has long been used to relieve minor cuts and burns, and is a common ingredient in many skin creams and lotions.

Although it's always best to avoid a sunburn in the first place, applying aloe to a mild sunburn three or four times a day – either straight from a fresh leaf or in the form of a commercial lotion – does appear to be a safe way to get temporary relief. Lotions or creams with aloe can also help relieve itchy skin. But don't overdo it; long-term use has been reported to cause allergic reactions like hives or rashes in some people.

You may see aloe sold as a juice or dietary supplement, too. It's not clear how safe these products are, though. Supplement makers are not required to prove their products are safe or effective as long as they don't claim to treat or prevent any disease.



CLICK HERE to learn more about aloe and other complementary and alternative therapies at cancer.org/cam.

End Food Label Confusion

Knowing how to choose the right foods is important when you're trying to control your weight, but with so many different terms on food packages, how can you be sure you're making smart choices? Here's a cheat sheet for the FDA guidelines that define some of the terms food companies can use:

Fat-free (or calorie-free, sugar-free): The product does not have any fat (or calories or sugar), or so little that it's unlikely to make any difference to your body.

Low-fat (or low-calorie, low-sodium, low-cholesterol): The product can be eaten often and you still won't get more than the recommended amount of fat (or calories, or sodium, etc).

Reduced-fat (or reduced-calorie, reduced-sodium): The product has been altered

to remove at least 25% of the fat (or calories or salt).

Less fat (or less sodium, fewer calories): The product contains 25% less of a nutrient or calories than a comparable food.

Light (or lite): The product has been altered to contain either one-third fewer calories or no more than half the fat of the regular version of this food. "Light" can also be used when the sodium (salt) content of a low-calorie, low-fat food has been reduced by 50% even if the calorie or fat count is the same.



CLICK HERE to learn more about food terms and how to interpret food labels.

Hit the Water This Summer

There's no reason exercise can't be fun – especially in the summer, when there are so many opportunities to be active outdoors. If you're looking for a fun way to get in shape and spend time on the water, try kayaking.

Not only does kayaking offer a great cardiovascular and core-strengthening workout, it's an activity that can fit into a wide range of lifestyles. Joining a paddling club in your area is a great way to meet people and get involved in the sport, but many people also enjoy the solitude of being on the water alone.

Kayaking is popular in flat water – rivers, lakes, and wetlands – but there are also specialized kayaks designed for sea, surf, and even whitewater. Many areas offer kayaking courses to get you started or guided tours that are beginner friendly. Once you have the basics, rental kayaks are usually available by the hour. The fun doesn't have to end when the weather cools down, either – with the right protective gear, serious paddlers can stay active on the water year-round.

Learn more about kayaking, or find a club, instructor, or outfitter near you at americancanoe.org.



CLICK HERE to learn what your target heart rate should be when you exercise.

Grilled Chicken Breasts with Pineapple Salsa

- 2 teaspoons olive oil
- 2 teaspoons plus 2 tablespoons fresh lime juice, divided
- 1 pound boneless, skinless chicken breasts, pounded to uniform thickness
- Salt and freshly ground black pepper
- 2 cups chopped fresh ripe pineapple
- ¼ cup seeded and chopped red bell pepper
- 2 tablespoons chopped fresh mint
- 2 tablespoons finely chopped red onion
- 1 small jalapeño, seeded and finely chopped
- 1 teaspoon honey

In a shallow plate, combine oil and 2 teaspoons lime juice. Add chicken, turning to coat, and marinate for 15 minutes.

Preheat a lightly oiled grill to medium high.

Remove chicken from marinade and sprinkle with salt and pepper. Grill chicken for 5 to 8 minutes per side, or until cooked through. Remove from grill and let rest for 5 minutes before slicing.

Meanwhile, in a bowl, combine pineapple, bell pepper, mint, onion, jalapeño, honey, and the remaining 2 tablespoons lime juice.

Slice chicken and top with salsa.



CLICK HERE to order and for dozens of other delicious recipes in The American Cancer Society's *Great American Eat-Right Cookbook*.

Pineapple: A Taste of the Tropics



Juicy and sweet, pineapple is one of the better-known tropical fruits, a staple of the school-lunch fruit cocktails so many of us grew up with. Canned pineapple is widely available and very convenient, but fresh specimens are even more delicious and becoming easier to find in the supermarket. The trick, of course, is picking a good one.

Though some ripe pineapples can be green, play it safe by looking for a bright yellow color on the body. The fruit should be firm, not mushy. The leaves on top should be dark green and not dry or wilted. Give the pineapple a sniff – it should smell sweet and fresh. If there's no aroma, the fruit is probably not ripe; if it smells fermented, it's past its prime.

You can keep uncut pineapple on the counter for a couple of days. Once it's cut, store it in an airtight container in the refrigerator. Then try it out in this tasty recipe from the *Great American Eat-Right Cookbook*.

In the Next Issue: • Eating Well on the Road • Start the School Year Right • Teenagers and Sleep

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