At a barbecue or picnic:
• Skip the hotdog! Instead, choose a hamburger from 95% lean beef.
• To make a better burger, replace the bun with a whole grain sandwich thin. Add lots of lettuce and tomatoes, but go easy on the mayo and cheese.
• Swap out fried chicken for grilled chicken skewers with veggies.
• Replace potato or pasta salads with grilled potatoes and corn on the cob. (Hold the butter.)

Sweet treats on a hot day:
• Rather than ice cream, choose a fruit pop or frozen fruit skewers. (See the recipe in this newsletter.)
• Lemonade is delicious—no doubt about it! But it is loaded with sugar, as are sodas. Instead of a sugar-filled drink, try a fruit-flavored sparkling water. Or whip up a batch of fruit-infused water. (See recipe in this newsletter.)
• Freeze 100 percent fruit juice in ice cube trays, and then flavor plain water with a cube.
• Make smoothies from frozen berries, bananas, and low-fat milk or yogurt.
• If you must have soda, drink sugar-free.

Road trips:
• Keep an emergency snack pack and a cooler in the car and enjoy lunch at a park along the way instead of stopping for fast food.
• Pay attention to hunger versus boredom. Eat your “emergency” snacks when you are hungry, and blood glucose is low, otherwise you may spend the entire ride grazing and blood glucose can keep rising.

Ideas for the cooler:
• Bottled water
• Sliced apples and oranges, grapes, cherries, and berries
• Baby carrots, sugar snap peas, and sliced veggies such as jicama, cucumbers, and bell peppers (a lot of crunch, but few calories or carbohydrates)
• Hard-boiled eggs
• Drinkable yogurt
• Low-fat cheese sticks
• Single-serve hummus packs for dipping veggies

Some people notice that they don't eat as much during the summer because they aren't as hungry and are occupied with other activities. But for many of us, summer means many social activities and vacations that involve eating.

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Find this and past issues of our Counterbalance newsletter, as well as links to resources on our website. Simply visit PacificSource.com/juvenile-diabetes.
Outside the cooler:
- Bananas
- Roasted almonds and dried fruit
- Trail mix
- Granola bars (look for low-sugar bars)
- Single-serving boxes of cereal without added sugar, such as Cheerios®, Kashi®, and bite-size shredded wheat
- Whole-grain crackers
- Nut butter

With all eating moments you’ll face this summer, try to use balance, variety, and moderation. Help your child identify feelings of hunger, low blood glucose, and fullness to make sure their glucose levels stay steady. Balanced meals with lean protein, carbohydrates, fruits, veggies, and healthy fats will give your family sustained energy to enjoy all the summertime fun!

Remember the Sunscreen!
Skin experts would like to remind us all to use sunscreen—on ourselves and on our kids—as we head out for summer fun. Here are some other tips:
- Peak sun times are from 10:00 a.m. to 2:00 p.m., so avoid being out, if possible, during this time of day.
- Slather on sunscreen 20-30 minutes before exposure.
- 50 SPF is recommended for children, especially those who are very fair (light colored eyes, light colored hair).
- 30 SPF is good for shorter exposure.
- Waterproof is the most effective, because it stays on longer when you are sweating or in the water.
- Avoid using spray sunscreens, especially on kids, because of the risk of inhaling the spray.
- Be generous with the sunscreen! Use 1-2 tablespoons for kids, and about 3-4 tablespoons for teens and adults.
- Plan ahead and keep sun protection handy in your car or your bag.

Fruit-Infused Water (Aguas Fresca)
This is a healthy and delicious way to stay hydrated. Peel and slice about two cups of fruit per half gallon of water and allow it to infuse in the refrigerator for at least two hours. Serve over ice. Discard leftovers after three days.

Mix and match any of the following:
- orange
- cucumber
- lemon
- lime
- watermelon
- cantaloupe
- berries
- mango
- pineapple
Bring on Summer!

Summer can be a very fun and active time. You are out of school, with time to hang with friends, go to camps (soccer, football, computer, and diabetes camps to name just a few of the possibilities), or swim and enjoy summer sun. Whatever activity you do, practice safety, be prepared, and have fun!

The Dark Side of Tanning

If you spend a lot of time in the sun this summer, take good care of your skin. Even if you have the kind of skin that “tans” easily without much burning, it is still important to protect your deep layers of skin. Applying sunscreen keeps the sun’s UV rays (a form of ultraviolet radiation) from penetrating and damaging your skin. Melanoma is a form of cancer that begins in the cells that give your skin its color. Researchers think it is caused by too much exposure to UV rays. They speculate that the use of indoor tanning beds and a lot of sun exposure are the key culprits in the rising skin cancer rates in young people. There are eight times more cases of skin cancer in girls, and four times more in boys than before.* Five or more sunburns before age 18 doubles your risk of melanoma.

Don’t Be a Statistic!

Here’s what you can do to protect your skin:

- Apply sunscreen with at least SPF 30, 20 minutes before sun exposure, giving the sunscreen time to penetrate and work to protect you.
- Put it on again if you stay out in the sun for more than two hours, get wet, or sweat a lot.
- Avoid or limit sun exposure during the middle of the day when the sun’s rays are most intense.
- Take breaks from sun exposure to get cool drinks and sit in the shade.
- Wear sunglasses that block both UVA and UVB rays as much as possible. (You can get a form of skin cancer in your eyes!)
- Wear clothing to protect exposed skin.
- Be sure to apply sunscreen to your nose and ears. Use a lip balm with sunscreen, too.
- Avoid indoor tanning.

What are some of your favorite fruit snacks for summer?

Watermelon? Raspberries? Blackberries? Strawberries? All of these sweet and juicy fruits have fewer than 15 grams of carbohydrate in a whole cup. On a warm summer day, a cool fruit snack is great!

**Snack Match**

Can you guess the number of carbs in each of these healthy snacks? Some have fewer than 5 carbs and some have about 20 carbs. Write 5 or 20 next to each snack. Correct answers are at the bottom of this page.

5. **baby carrots**
6. **1 cup light popcorn**
7. **1 cup cucumber slices + 1 tablespoon ranch dressing**
8. **¼ cup dried fruit and nut mix**
9. **¼ cup of fresh blueberries**
10. **1 frozen sugar-free popsicle**
11. **¼ cup cottage cheese + ½ cup fruit**
12. **10 gold-fish crackers**
13. **½ cup sugar-free gelatin**
14. **1 small apple or orange**
15. **1 string cheese stick**
16. **½ cup nuts**
17. **3 celery sticks + 1 tablespoon peanut butter**
18. **1 hard-boiled egg**

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**Frozen Fruit Skewers**

Make your own frozen treat! Here are some fruits to try: pitted cherries, grapes, strawberries, blueberries, banana chunks, or mango chunks.

**Instructions:**
1. Peel fruit, or wash and pat dry.
2. Cut larger fruit in bite-size chunks.
3. Carefully push fruit onto skewers, like you are stringing beads.
4. Place on a tray and freeze for 20 minutes.

Eat right away.

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Always count the carbs in your overall daily eating to avoid highs and lows.

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**Snack Match answers**

Fewer than 5 carbs: 5 baby carrots, 1 cup light popcorn, 1 cup cucumber slices + 1 tablespoon ranch dressing, ¼ cup dried fruit and nut mix, ¼ cup of fresh blueberries, 10 gold-fish crackers, ½ cup sugar-free gelatin, 1 small apple or orange, 3 celery sticks + 1 tablespoon peanut butter, 1 hard-boiled egg.

About 20 carbs: ¼ cup cottage cheese + ½ cup fruit, ¼ cup dried fruit and nut mix, 1/4 cup cottage cheese + 1/2 cup fruit, 1 small apple or orange, 1 string cheese stick, 1 hard-boiled egg.