

# Arbor Management's Nutrition News-June -July 2022

## June is National Dairy Month

This month is a reminder of the health benefits that dairy products provide. They contain essential nutrients — including calcium, potassium, vitamin D, and protein. They also reduce the risk of high blood pressure, osteoporosis, and certain cancers, while helping us to better manage our weight. Kick start each day with nutrient-rich dairy products and start your summer on a healthy note.



June 1 is World Milk Day!

<https://worldmilkday.org/>

### Dairy Fun Facts

-It takes 10 pounds of milk to make one pound of cheese and just over 21 pounds to make a pound of butter.

-Wisconsin is the only state where Limburger cheese is produced.

## Watermelon Grape Fizz Recipe

### Ingredients

- 1 Cup Watermelon Juice, Strained
- 1/4 Cup Grape Juice
- 3/4 Cup Sparkling Water
- Crushed Ice
- Watermelon Balls and Grapes for Garnish



### Directions

1. Mix together the watermelon puree and grape juice in a tall glass.
2. Add the sparkling water, then the ice.
3. Watch it Fizz!
4. Add a Straw with a watermelon ball and/or grapes for a garnish

<https://www.watermelon.org/recipes/watermelon-grape-fizz/>

## July is Watermelon Month

<https://www.watermelon.org/>

### Watermelon Fun Facts

-  Watermelon is 92% water, making it a delicious way to rehydrate!
-  Watermelons originated in West Africa.
-  China is the world's largest producer of watermelons.
-  The melon rind is edible, like that of cucumber, and it's actually a cousin of the watermelon!
-  Don't be afraid to eat watermelon seeds. In fact, the seeds are actually quite nutritious, with high levels of magnesium, zinc, and protein. Chew the seeds before swallowing for optimum nutrition.



## Hydrate with Watermelons!

Did you know kids are more likely to become dehydrated than adults? Once they are thirsty they are already on their way to dehydration. Encourage kids to take a hydration break every 15 minutes in the heat and drink before, during, and after physical activity.

It is recommended to drink 8 (8 oz) glasses of water per day, the 8x8 rule. Foods with a high water content like melons, strawberries, celery, and cucumber can help you rehydrate too!

Here is what water can do for you!

1. Helps maximize physical performance.
2. Significantly affects energy levels and brain function
3. May help prevent and treat headaches
4. Can aid weight loss.

