

August 2025



## Welcome to the first edition of our Healthy Living newsletter!

**Each month, we'll share seasonal nutrition tips, simple recipes, and updates on our online classes to help you live well.**

### Upcoming Online Classes

We are offering **monthly online classes** to support your health goals:

- **Diabetes Prevention Class: August 4th** - Learn practical steps to lower your risk of diabetes and improve blood sugar balance.
- **Meal Planning Strategies Class: August 11th at 6 PM** - Discover how to simplify mealtime, save time, and eat well.

### Berry Season Spotlight

There's something irresistible about berries—whether it's their vibrant colors, juicy sweetness, or their connection to sunny days and fresh produce. **Berries are one of summer's most nutrient-rich foods, offering powerful health benefits with minimal prep.**

### Seasonal Tips & Pairings

#### What's In Season?

Strawberries: May- June  
Blueberries: June-August  
Raspberries: June-July  
Blackberries: July-September

#### Flavor Pairings

##### Herbs:

Strawberries with basil, blueberries with sage, or blackberries with mint

##### Cheeses:

Goat cheese, brie, feta or aged cheddar

##### Whole Grains:

Add berries to quinoa, farro, or on seeded crackers with nut butter

##### Spices:

Cinnamon, ginger and cardamom complement berry flavors

##### Citrus & Vinegar:

A splash of lemon juice or balsamic brings out natural brightness

## Healthy Living Tip for August

### Stay Hydrated with Infused Water:

August's heat can leave you feeling drained. Keep hydration fun and flavorful by adding berries, citrus slices, or fresh herbs to your water. This simple trick encourages you to drink more water while adding a boost of antioxidants and natural flavor—no added sugar needed.



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## Meal Planning Strategies Class

### Simplify Your Mealtime with Our Meal Planning Class

Learn how to save time, reduce stress, and enjoy balanced meals every day with simple meal planning strategies.

#### Class Highlights:

- Tips for creating weekly meal plans tailored to your preferences and needs
- Budget-friendly strategies to save money and reduce food waste
- Quick and easy meal ideas for busy schedules
- Access to a digital meal planner with thousands of recipes and a grocery list generator

### Click Here to Register for the Classes

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## Fresh vs. Frozen Berries: What's Best?

- **Nutritional Retention:** Frozen berries are flash-frozen at peak ripeness, locking in nutrients like vitamin C that may decline in fresh berries after a few days.
- **Cost & Convenience:** Frozen berries are budget-friendly and pre-washed—perfect for smoothies or baked goods. Fresh berries are ideal for recipes where texture and appearance matter, such as salads or parfaits.
- **Shelf Life:** Frozen berries last for months, while fresh berries last 3-5 days in the fridge. Rinse fresh berries only before eating to prolong freshness.

# Bountiful Benefits: The Nutrition Science of Berries

## Antioxidant Powerhouses

Berries are packed with antioxidants such as anthocyanins, ellagic acid, and vitamin C. These compounds help protect your cells from oxidative stress, reducing inflammation and lowering the risk of chronic diseases like heart disease, type 2 diabetes, and certain cancers.

- Blueberries: Linked to improved memory and brain health.
- Strawberries: Associated with reduced markers of inflammation.
- Raspberries & Blackberries: Rich in polyphenols, which may support immune health and healthy aging.

## Fiber for Gut & Blood Sugar Health

Most berries provide both soluble and insoluble fiber, supporting digestion, fullness, and blood sugar balance. Just 1 cup of raspberries contains about 8 grams of fiber—almost a third of the recommended daily intake.

## Low in Sugar, Big on Flavor

Unlike many fruits, berries are naturally lower in sugar, making them an excellent choice for blood-sugar-friendly eating and anti-inflammatory diets.

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## Culinary Inspiration: Everyday Ways to Enjoy Berries

Berries are incredibly versatile, working in everything from quick breakfasts to savory entrees.

### Breakfast Boosters

- Stir into oatmeal, layer in yogurt parfaits, or blend into smoothies.
- Pair with nut butters on toast or use as a topping for whole-grain pancakes.

### Snack Time Favorites

- Enjoy fresh berries with a handful of nuts or cheese.
- Try ricotta on a rice cake topped with blueberries and a drizzle of honey.

### Elevating Salads & Sides

- Arugula with strawberries, feta, and toasted almonds.
- Spinach with blueberries, goat cheese, and balsamic vinaigrette.

### Sweet & Savory Main Dishes

- Blueberry compote as a glaze for chicken or turkey.
- Raspberry vinaigrette for grain bowls.
- Blackberries paired with grilled meats and fresh herbs like thyme or mint.

# Spotlight Recipes: Sweet and Simple Berry Ideas

## 1. Blueberry Hemp Smoothie

This quick smoothie is a blend of frozen blueberries, hemp seeds, and plant-based milk for antioxidants, omega-3 fats, and fiber.

### Why You'll Love It:

- Uses budget-friendly frozen berries
- Perfect for breakfast or post-workout fuel
- Kid-friendly flavor, adult-approved nutrition



### Ingredients

lb,oz g,ml

- 2 cups blueberries, *frozen*
- 2 cups spinach, baby, *loosely packed*
- 1 banana, *frozen and cut into chunks*
- 2 Tbs chia seeds
- 2 cups hemp milk, *unsweetened*
- 2 Tbs cocoa powder, *unsweetened*
- 1 Tbs hemp seeds

### Directions

#### Make

1. Place all ingredients in blender and process until smooth.

[Click Here for Video](#)

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
Calories 307 per serving	Total Fat 13.3g		20%	Total Carbohydrates 43g		14%
	Saturated Fat 1.3g		6%	Dietary Fiber 13g		52%
	Trans Fat 0.0g			Total Sugars 21g		
	Cholesterol 0mg		0%	Protein 10g		
	Sodium 139mg		6%			
Vitamin D 2mcg 20% · Calcium 401mg 40% · Iron 6mg 31% · Potassium 815mg 17%						

\*The Percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[- Show all nutrients -](#)

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## 2. Strawberry Mango Yogurt Pops

A refreshing summer treat made with fresh strawberries, mango, and creamy yogurt.

### Why You'll Love It:

- Whole-food ingredients
- Great for kids and grown-ups alike
- Easy make-ahead snack

#### Ingredients

lbz gml

- 3 cups strawberries, fresh, *hulled and chopped*
- 3 cups mango, fresh, *cubed*
- 2 Tbs maple syrup
- 2/3 cup Greek yogurt, vanilla

#### Directions

##### Prep

1. Purée strawberries in a blender or food processor with 1 tablespoon of maple syrup. Set aside.
2. Purée mango in a blender or food processor with 1 tablespoon of maple syrup. Set aside in a separate bowl.

##### Make

1. Line up popsicle molds standing upright.
2. Using the following measurements to layer ingredients: 2 teaspoons strawberry purée 1 teaspoon yogurt 2 teaspoons mango purée
3. Layer until popsicle mold is full. Run a dull knife up and down the sides to create a swirled pattern. Tap mold to release any air bubbles.
4. Place in the freezer for at least 6 hours or overnight.

**Click Here for Video**

## Thank you for reading the first edition of our Healthy Living newsletter!

We hope you feel inspired to enjoy seasonal foods like berries and join us for our upcoming classes. Stay tuned for next month's issue, where we'll share new tips, recipes, and strategies for living your healthiest life.

If you have topics you'd like to see featured, email our dietitians at [jessicajantz@clayplattefamily.com](mailto:jessicajantz@clayplattefamily.com)—we'd love to hear from you!



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