



Dietitian's Guide to Farmers Markets

By Cara Rosenbloom, RD

Summer brings farmers market stalls lined with juicy berries, farm-fresh kale and colorful heirloom tomatoes.

A robust market will usually sell eggs, cheese, meat and bread, too.

Shopping at a farmers market teaches you more about how your food was raised or grown, what pesticides or medications are used, and how long it's been stored. Here's a guide to your best picks.

Get fresh produce. The proximity of markets to farms means that the time between harvest and purchase is minimized, preserving the freshness and flavor of vegetables, fruits and herbs.

Watch out for commercial produce that's repackaged to look farm-fresh. Are products labeled as **local** without proper certification? Ask questions and seek transparency from vendors to ensure the authenticity of their offerings.

Pick proteins. You'll often find fresh eggs, chicken, meat, milk and cheese at farmers markets. You can learn how the animals were fed, raised, etc. Ask about animal welfare certifications.

Do not buy unpasteurized milk (it's unsafe to consume) or unrefrigerated meat or dairy. These items can harbor harmful bacteria that can cause illness. Only buy perishable items kept in fridges and freezers.

Tip: Bring cash, carry reusable grocery bags and go early for the best selection. Choose vendors wearing disposable gloves (if they are touching food) and using tongs to distribute samples. Always try something new, and ask the farmer their favorite way to prepare and enjoy it.

Eat to Beat the Heat

By Cara Rosenbloom, RD



As the temperature rises during the summer, it's essential to stay cool and hydrated. Incorporating the right foods and beverages into your diet can help you beat the heat all summer long. Here's a guide to some delicious options that are perfect for summertime:

Drink water. Don't wait until you feel thirsty. Keep a water bottle handy and sip all day. You can also stay hydrated with unsweetened beverages, such as coconut water and unsweetened iced coffee or tea.



Snack on hydrating fruits. Load up on juicy fruits, such as watermelon, strawberries, cantaloupe and berries. Their high-water content keeps you hydrated. They are also filled with beneficial vitamins, minerals and fiber, which support optimal health.

Salads allow you to keep the oven off but still enjoy a balanced meal. Start with a layer of hydrating vegetables, such as cucumbers, lettuce, celery and tomato. Add dressing and no-cook rotisserie chicken, canned chickpeas, cheese cubes or tuna.



Replenish fluids with homemade popsicles made from fresh pureed fruit and yogurt. Try ice granita or frozen grapes as nourishing dessert options.

Scale back on caffeine and alcohol: Both can be dehydrating when consumed in excess. Stick with no more than three cups of coffee (or other caffeinated beverages) per day. If you don't drink alcohol, don't start. If you do, limit yourself to one drink (female) or two drinks (male) per day.



Add cooling peppermint and spearmint to your salads, meals and water. They add flavor and have natural cooling properties.

Medications and Heat

By Elizabeth Smoots, MD



Summer temperatures are rising, and the number of people on multiple medications is increasing. Common over-the-counter and prescription drugs can impair your body's temperature control.

How does this occur? Some medications interfere with sweat production. Others alter the body's internal thermostat or make dehydration more likely. These changes increase the risk of serious problems, such as heat exhaustion and heatstroke.

Drugs linked to heat intolerance include commonly used antidepressant medications that may increase or decrease sweating. This can lead to dehydration or make it difficult to cool off. Anticholinergic drugs (e.g., oxybutynin or diphenhydramine) interfere with the body's thermostat and its ability to cool itself via blood flow to the skin. Heart medications — including diuretics, ACE inhibitors, beta blockers and calcium channel blockers — affect kidney function and blood flow; they may lead to dehydration and reduced cooling ability. Nervous system stimulants and anti-psychotics can also have adverse heat-related effects.

Did you know? Heat can damage prescription and over-the-counter drugs. For instance, exposure of insulin to heat makes it less effective. Don't store medications in direct sunlight or in hot places, such as a car or near a stove. Most medications should be stored in a cool, dry place at 59°F to 77°F.

Tip: Talk to your health care provider for individualized heat-safety precautions, especially if you take multiple medications, have chronic conditions, such as heart disease or diabetes, or are older than age 65.

How Parents Can Help Manage Arthritis in Children

Juvenile idiopathic arthritis (JIA) is an autoimmune disease affecting children age 16 or younger. It causes pain, swelling and stiffness in one or more joints for six weeks or longer.

While the disease can be difficult for kids to live with, parents can help by learning about JIA and what activities can benefit their children.

It's important to find a health care provider, usually a pediatric rheumatologist, who specializes in treating arthritis in children. The American College of Rheumatology provides an online directory to help locate these specialists in your area. In your browser search for provider directory at my.rheumatology.org. Accept the disclaimer to access the provider search.

Talk to your child's health care provider about how to use cold packs, heating pads and splints to help reduce your offspring's pain. Physical therapists experienced with JIA patients can help with pain management, too. And work with your child's school so teachers and other school staff members understand the best way to help if your youngster experiences pain at school.



More tips:

- Children with arthritis may need more rest or more activity on different days. Usually, short rest breaks are better than long bedrest.
- Make sure your child has a healthy diet rich in fruit, vegetables, lean protein and whole grains.
- Encourage a regular bedtime schedule.
- The Arthritis Foundation notes certain forms of exercise, including yoga, aquatic exercises, swimming and bicycling, can often help youngsters manage pain. Talk to your child's provider about the type and amount of exercise that's right for your son or daughter. — Elizabeth Smoots, MD

Going Barefoot? Think Again

Keeping your feet safe and healthy are key to staying active, fit and free of chronic, painful foot problems that slow you down. These basic tips are sure to help you stay in step for the miles ahead.

Only wear shoes that fit well and allow your feet to function normally. The right shoes will provide support and comfort for your feet, legs and back. Well-fitted shoes can help prevent blisters, bunions and chronic pain in the heel, arch and forefoot.

Bad news shoes: High heels can cause foot and leg problems by cramping toes and applying added pressure to the ball of the foot. Flip flops lack stability, arch support and cushioning.

Notice changes in your feet. Don't delay reporting symptoms to your health care provider, such as worsening pain in your arch and heel (plantar fasciitis), a large bump on a big toe joint

(bunion) and curling toes (hammer toes). All should be reported.

Don't walk barefoot.

Footwear helps you avoid foot injuries (e.g., bumps, jams and cuts), which can lead to infections, bites and stings. Shoes also shield your feet against bacteria and fungi in public places.

Practice foot hygiene. Wash your feet and toenails daily. Use a pumice stone to smooth out callused areas. Trim your toenails straight across, but not too short.

If you have diabetes, professional foot care is critical to avoiding serious foot problems worsened by nerve damage. Always wear shoes to avoid injuries. Make sure your provider routinely checks your feet for injury or infection. Examine your feet daily to spot any new sores or areas that are slow to heal.



The **Smart Moves Toolkit**, including this issue's printable download, **5 Exercise Errors to Avoid**, is at personalbest.com/extras/24V7tools.

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