



Zucchini Salad

Zucchini pops up in gardens everywhere this month. Got some of this summer squash? You can observe National Sneak Some Zucchini onto Your Neighbor's Porch on Aug. 8. Or, you can try this Zucchini Salad recipe.⁵

Ingredients

- 2 tsp olive oil
- 1 tsp garlic, minced
- 1/4 tsp pepper
- 4 large zucchini, grated
- 1 T parsley, chopped
- 2 T dill, chopped
- 2 T red onion, chopped
- 1/4 C fat-free feta cheese
- 1/4 C fat-free Greek yogurt
- Juice of 1 lemon

Directions

1. In a small bowl, combine lemon juice, olive oil, garlic, salt and pepper. Set aside.
2. In a large bowl, mix in grated zucchini, parsley, dill, onion, and feta.
3. Add small bowl mixture to zucchini. Mix well.
4. Chill covered for two hours, or overnight before serving.

Makes 6 servings.
65 calories per serving.

Eat This: The Surprisingly Simple Diet to Live Longer

Plant-based foods are best for long and healthy life



Ever wonder what the secret is to living longer? That's a million dollar question, right?

People have been looking for a quick fix to live longer for centuries. FYI...the Fountain of Youth or a ring with magical powers does not exist.

So why do some people live longer than others?

There's more than one factor at play. But it's clear that healthy eating habits make a difference.

In a recent study, researchers tracked the eating habits of 74,000 people for 12 years.³

Researchers found that healthy eaters had a lower risk of death than people who didn't eat a healthy diet. Healthy eaters were also less likely to die from heart disease or stroke.

So what did they eat?

The healthiest people who lived the longest ate more:

- Fruits
- Vegetables
- Legumes
- Fish
- Nuts and seeds
- Low-fat dairy products
- Whole grains
- Healthy fats
- Lean meats

Now you know what to get the next time you go to the grocery store, plan a meal, or order out.

But what if you've been eating burgers and fries all your life?

If you change your diet now, will it do any good? Yes.

Even small changes to your diet over time can cut your risk for chronic disease and early death, says lead researcher Mercedes Sotos-Prieto.

Eat healthier, starting today, to live longer.

MORE

TED Talk:
How to live to be 100-plus
<http://tinyurl.com/pntgdy6>

Fit for Life: Find an Activity You Enjoy to Stay Fit (continued from page 1)

Sit less, move more

Maybe you're not ready to ride the half-pipe with Neal. What do you like to do that keeps you active? Walk, cycle, swim, hike, dance, or maybe go to the gym.

Find a way to be more active. Pick an activity you enjoy, and make it a part of your lifestyle. Aim for at least 30 minutes a day.² You'll feel better, and live longer.

MORE

Find motivation to exercise
<https://tinyurl.com/8a37974z>

References

1. National Heart, Lung, and Blood Institute. (2022). What are the symptoms of a heart attack? From: <http://tinyurl.com/itv8e2g>
2. Piercy, K., et al. (2018). The Physical Activity Guidelines for Americans. *JAMA*, 320(19): 2020-2028. From: <https://tinyurl.com/3ysakbz7>
3. Sotos-Prieto, M., et al. (2017). Association of changes in diet quality with total and cause-specific mortality. *New England Journal of Medicine*, 277:143-153. From: <http://tinyurl.com/y97kssdm>
4. Henst, R., et al. (2019). The effects of sleep extension on cardiometabolic risk factors: A systematic review. *Journal of Sleep Research*, 28:e12865. From: <https://tinyurl.com/yck48nrm>
5. American Heart Association. (2022). Zucchini Salad. From: <https://tinyurl.com/55fp5yyk>



Take the August Health Challenge!

Spend Time Outdoors: Get outside to boost health & happiness

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

Can walking every day really make a difference?