



As we embrace the summer months and find ourselves fully submerged in the July heat, taking the time to rest, relax and recharge is crucial! This season is perfect for relaxation, basking in the sunshine, appreciating nature, and creating wonderful memories with loved ones.

Along with the warm weather comes an array of delicious, seasonal fruits and vegetables. There's nothing quite like savouring refreshing watermelon slices after a swim or spending time outdoors. Remember to stay hydrated in the heat and take full advantage of the fresh, nutritious produce available this time of year! What are your plans for the summer? Are you travelling abroad or choosing a staycation? Whatever your plans, we have nutrition tips for you! Be sure to follow us on Instagram & TikTok for more summerlicious nutritious tips.

Happy Canada Day!

Today we celebrate the values that make us proud to be Canadian — kindness, diversity, resilience, and community. Let's honour the beauty of our land and the strength of its people. Wishing you a safe, joyful, and heart-filled Canada Day!



Proud to be Canadian. Grateful to be part of your wellness journey.

Raising Healthy Eaters on Summer Break

Summer is the season of sunshine, slower mornings, and snack-hungry kids! But it's also a wonderful opportunity to foster a positive relationship with food, without rigid schedules or mealtime battles. Here's how to keep nutrition simple, joyful, and engaging during the break:



① Invite kids into the kitchen!

One of the best ways to spark your child's interest in healthy eating is by involving them in meal prep. When kids help out, whether it's washing veggies, stirring a sauce, or choosing ingredients, they begin to learn what goes into their food and feel more connected to what they're eating. It empowers them to take an active role in their own health in a fun, hands-on way. Get started by inviting them not only in the kitchen but in the grocery store too!

② Serve One Meal for the Whole Family

It's easy to fall into the habit of making separate meals for kids and adults, but that can quickly become exhausting, and it may actually reinforce picky eating. When kids know a "backup" meal is always available, they're less likely to try new foods. Preparing one shared meal and serving it family-style gives children the chance to choose from what's offered without pressure. Over time, they often expand their tastes by watching their parents and older siblings eat the same foods. Modelling healthy eating in a low-pressure way is one of the most powerful tools parents have. (1)

③ Be a Good Role Model

Kids learn a lot about food by watching the adults around them, so it's important for parents to show a balanced, positive approach to eating. Start by tuning into your own hunger and fullness cues. When you trust your body, your children are more likely to learn to trust theirs too. Keep in mind that it's what kids eat most of the time that shapes their health. Enjoying things like popcorn at the movies or an ice cream sundae is part of a joyful, well-rounded life. When balanced with nourishing meals and active play, these moments fit beautifully into a healthy routine. (1)

④ Fun Food Activities

Let kids *play* with their food...in a good way! Inviting them into the kitchen builds skills, confidence, and interest in what they eat:

- **DIY Trail Mix:** Set out bowls of nuts/seeds, dried fruit, whole grain cereal, coconut flakes, and dark chocolate chips. Let them create their mix in a mason jar.
- **Chia Popsicles:** Blend fruit, yogurt, and a spoonful of chia seeds. Pour into molds and freeze!

- **Veggie Boats:** Cut bell pepper "boats," fill with hummus or cream cheese, and decorate with chopped veggies, seeds, or raisins.

⑤ Grow Something Together

Whether it's a backyard garden, a balcony planter, or a single herb pot on the windowsill. Growing food is a powerful way to teach where food comes from and spark curiosity.

- Try easy crops like cherry tomatoes, lettuce, basil, or strawberries.
- Let kids water, harvest, and choose what to add to meals

Tips for Eating Healthy While on Vacation

People often find themselves "falling off the wagon" when it comes to their "diet" while on vacation. My clients would have heard me say on numerous occasions, there is NO "band wagon" to fall off of. Healthy eating journey requires a flexible mindset - not an "all or nothing" approach!



Although vacations allow us to de-stress and unwind, we should be remain mindful of what are eating. This summer, choose to stay healthy while travelling by following some of the tips below:

- ☐ Start your day off right- have a breakfast which is rich in protein and fibre which will keep you feeling satiated throughout the morning, & help better balance your choices throughout the day.
- ☐ Stay hydrated- choose water! Avoid sugary cocktails, juices and pop . Drinking enough water through out the day can help keep you energized for busy holiday sight seeing!
- ☐ Plan ahead- planning what restaurants you will be having your meals at and keeping healthy snacks on hand will prevent unhealthy last minute decisions from being made.
- ☐ ♂ Continue to maintain physical activity levels- stay active even while your relaxing in fun forms such as walking, biking, hiking or swimming.
- ☐ ♀ Eat mindfully and savour your food- One of the best things people can do for themselves is to take time to eat, to sit down and enjoy meals rather than skipping them or eating on the go. Slowing down and eating mindfully allows you to fully enjoy new dishes and local flavours mindfully.

So, if you are travelling this summer, enjoy your time but keep your self-care a priority and your health goals top of mind. Your health does not take a break just because it is summer!

Ghee: Yay or Nay?

What is Ghee?

Ghee is clarified butter made by gently simmering butter to remove water and milk solids and has been used for centuries for its rich flavor and purported health benefits. Ayurveda, a holistic system of medicine, highlights the potential benefits of ghee...But what does modern science say about this buttery staple? (2)



Traditional & Ayurvedic Insights

Ayurveda values ghee for supporting cognitive health, digestion, immunity, wound healing, and rejuvenation. It's even considered a carrier for medicinal herbs, enhancing their absorption and effects. However, most modern research hasn't fully explored these areas yet, though preliminary studies hint at promising benefits in skin, eye, and gastrointestinal health. (3)

Nutritional Composition

Ghee is rich in saturated fats (~60%), fat-soluble vitamins A and E, and antioxidants. It has a high smoke point, making it a good choice for high-heat cooking compared to regular butter. Its low lactose and casein content make it suitable for some with dairy sensitivities. (4)

What Does Science Say?

Saturated fats in ghee have historically raised concerns over cardiovascular risk. Some studies show ghee may raise LDL ("bad") cholesterol and oxidative stress markers, potentially increasing heart risk, especially in genetically predisposed individuals. However, other research suggests dairy fats can have neutral or even protective effects when consumed in moderation as part of a balanced diet. (5)

Emerging Research

Early studies suggest ghee's fatty acids might have anti-inflammatory and immune-boosting properties, as well as potential roles in wound healing and cancer prevention, though human trials are still needed. Its unique lipid profile also makes it an interesting candidate as a functional food or a carrier for medicinal compounds. (6)

The Bottom Line

Ghee can be part of a balanced diet, offering flavour, heat stability, and some nutrient advantages, but it shouldn't replace other healthy fats completely. Because of its high saturated fat content and the need for further research, it's best enjoyed in moderation. The full scope of ghee's health effects is still being studied, and future research may unlock more additional health benefits or potential risks.

Are you curious about if other food products are a "yay or nay" for your health? Feed your curiosity with the **PRODUCT SHOPPING GUIDE** and fill your kitchen with **Dietitian-Approved** products from the grocery store.

Product Shopping Guide *Dietitian-Approved*



This resource was developed by yours truly and is unique to Inner Health Nutrition.

The Product Shopping Guide is organized by grocery store aisles making it easier to shop for dietitian-approved brands.

With this specialized planning tool, you and your family can better prepare for your week of delicious, & nutritious meal plans. Click [HERE](#) to purchase the **July 2025 Updated Version** of the Product Shopping Guide and level up your grocery-shopping-game!

Summer-Inspired Recipes

Apple Broccoli Cauliflower Salad
With Lemon



Homemade Peanut Butter
Granola Bars



Noodle-Free Chicken Pad
Thai



5-Ingredient Go-To Green Smoothie



1. <https://www.parents.com/kids/nutrition/healthy-eating/get-your-kids-to-eat-better/>
2. <https://time.com/5571810/is-ghee-healthy/>
3. https://www.researchgate.net/publication/387912820_Unveiling_the_Therapeutic_Potentials_of_Ghee_Insights_from_Ayurvedic_Texts_and_Contemporary_Research
4. <https://www.sciencedirect.com/science/article/pii/S2590157525003360>
5. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3215354/>
6. <https://pubmed.ncbi.nlm.nih.gov/38181707/>

Ready to take your health to the next level and work with us? One of our specialized Registered Dietitians and Social worker can help you navigate change with an individualized approach to support your goals each step along the way of your journey! Let us guide you!

Call us at 647-980-2650 or email us [HERE](#) or visit our website for more info [HERE](#)



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