



# SUMMER FOODS GREAT FOR WEIGHT LOSS



## AVOCADOS

Avocados are a great source of healthy fats and potassium, which reduces blood pressure and alleviates cramping. Avocados have 2 grams of protein and 15 grams of healthy fats. Although they contain 9 grams of carbs, there are 7 grams of fiber equaling 2 grams net carbs.



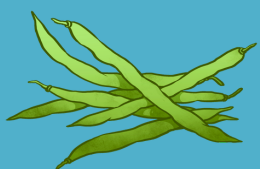
## BASIL

Basil is a calorie free herb that has been proven to reduce blood sugar levels, reduce LDL (bad cholesterol) levels, and lower inflammation, which is a root cause of diseases like heart disease, rheumatoid arthritis and inflammatory bowel conditions.



## BELL PEPPERS

Bell peppers are low in calories, helps to reduce LDL (bad cholesterol) levels, controls diabetes, and eases inflammation as a result of the capsaicin in them.



## GREEN BEANS

Green beans are high in folate, which improves the nervous system functionality and can also play a role in decreasing depression. These delicious and crunchy beans are low in calories and fat, high in fiber, and contain no cholesterol.



## SHRIMP

Shrimp is a high protein, low calorie food option that contains 75% of the daily value for B12 and 100% of the daily value for selenium, a mineral that improves thyroid function and minimizes premature aging.



## SPINACH

Spinach contains many minerals, vitamins, pigments, and phytonutrients that contribute to clearer skin, improved eyesight, regulated blood pressure, stronger muscles, and prevention of age-related macular degeneration (AMD) and hemophilia. Spinach is a superfood and a great source of iron.



## STRAWBERRY

Strawberries are the lowest sugar containing fruits. They are rich in vitamin C, which improves the immune system and skin health.



## YELLOW SUMMER SQUASH

Adding yellow squash to your nutrition plan provides you with a healthy source of vitamin C. Vitamin C helps build collagen for younger looking skin, improved brain function, effective cell repair and a stronger immune system, among other benefits.