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Always Best Care

Best Summer Fruits and Vegetables for All Ages

Summer is a great time to check out your local farmers market and stock up on fresh produce. Not only can fruits and vegetables be a healthy snack, they can also add flavor, nutrients, and other benefits as a side dish or main meal. Selecting seasonal produce can also save you money. Increase interest in eating healthy by letting family members pick out their favorite fruits and vegetables or things they want to try.

As you're perusing the aisles or stands, here are few fruits and vegetables to consider that have valuable health benefits (and delicious flavors!):

- **Tomatoes:** Tomatoes are a wonderful source of lycopene, an antioxidant, as well as vitamin C. As an added bonus, lycopene can also help to protect your skin from sun damage.
- **Watermelon:** Hydration is especially important during hot summer days, and watermelon is a great source since it is around 92 percent water. It is also low calorie, contains lycopene, and has some fiber.
- **Radishes:** Often overlooked, this vegetable can be a great addition to salads and meals. Radishes are high in water content and a good source of vitamin C, folate, potassium, and fiber.
- **Berries:** Stock up on strawberries, raspberries, and [blueberries](#), which are high in fiber and vitamin C. They also contain flavonoids that may support cognitive health and skin health.
- **Avocados:** Avocados are considered a superfood and a healthy source of monounsaturated fat which can boost heart health. However, eat them in moderation as they are high in calories.
- **Corn:** You may not consider this starchy vegetable to be healthy, but it does have its benefits. Corn contains antioxidants that can help protect eye health and reduce risk of age-related macular degeneration.
- **Peaches:** Peaches pack a punch with 10 different vitamins and plenty of fiber. They're low in calories and also contain other essential nutrients such as calcium, magnesium, and potassium.
- **Zucchini:** This versatile vegetable can be eaten raw, baked, grilled, or boiled. Many people replace traditional pasta with zucchini instead. Zucchini is low in calories, contains no fat or cholesterol, and is packed with vitamin C, fiber, and potassium.

You and your family can eat these foods plain, just as they are, or you can spice things up by adding a variety of seasonings or combining them with other foods. The possibilities are endless. A quick [recipe search](#) can yield many ways to prepare these fruits and vegetables in dishes your family will love. Having plenty of fresh fruits and vegetables on hand make for a quick and simple choice when it comes to grabbing a healthy snack.

Make sure your senior is eating right all year long by getting them the support they need. An in-home caregiver can [assist with meal planning](#), grocery shopping, meal preparation, checking food expirations, and providing companionship during meal times. Help your loved one live a safer, healthier lifestyle by contacting [Always Best Care](#) today to schedule a free consultation! Call 1 (855) 470-CARE (2273) for more information or to get started.