



## Beware of Ticks & Lyme Disease This Summer

Spending time outdoors is a wonderful way to bond with family and friends and enjoy nature. Before you head out into the great outdoors, you need to be aware of a danger lurking not so deep in the woods—Lyme disease.

There are three main stages of Lyme disease:

- *Early Localized Lyme Disease:* A rash develops on the skin at the site of the bite within one to 31 days. It resembles a bull's-eye and slowly expands followed by flu-like symptoms.
- *Early Disseminated Lyme Disease:* Skin, joint, nervous system and heart complications occur.
- *Late Persistent Lyme Disease:* Infected person develops severe joint, nervous system and heart complications.

As you can see, prevention and early recognition of Lyme disease is critical for your well-being.

The bacteria from a tick bite do not transmit into your bloodstream for 36 to 48 hours, which lessens your chance of contracting the disease if you find ticks and remove them immediately:

- Use tweezers to grab the tick firmly where it has entered the skin.
- Slowly, yet firmly, pull the tick directly outward.
- Once the tick is removed, clean the bite thoroughly with a disinfectant and watch the area for any symptoms.

To avoid coming in contact with a tick, wear light colored, long-sleeved shirts and pants when in wooded areas, and walk in the center of trails to avoid overhanging trees or bushes. You'll also want to keep long hair tied back. Finally, once inside be sure to wash your body and clothing and inspect yourself for ticks. Inspect your dog's coat too if he or she has been playing in wooded areas.

## Cucumber Blueberry Salad

### Vinaigrette:

- 1 ½ Tbsp. extra virgin olive oil
- 2 Tbsp. white balsamic vinegar
- 1 Tbsp. lime juice
- 1 tsp. sugar
- ¼ tsp. salt
- ⅛ tsp. pepper

### Salad:

- 1 cup fresh blueberries
- 1 medium cucumber (chopped)
- 4 cups fresh arugula
- ¼ medium red onion (thinly sliced)
- ¼ cup crumbled reduced-fat Feta cheese
- 2 Tbsp. walnuts (coarsely chopped)
- 4 slices whole-grain bread

### Preparations

1. In a small bowl, whisk together vinaigrette ingredients.
2. In a large bowl, mix together all salad ingredients, except bread.
3. When ready to serve, add vinaigrette to salad and toss.
4. Toast bread and then cut into four pieces.

Makes: 4 servings

### Nutritional Information (per serving)

Total Calories	212
Total Fat	10 g
Protein	7 g
Carbohydrates	24 g
Dietary Fiber	4 g
Saturated Fat	3 g
Sodium	368 mg
Total Sugars	10 g

Source: USDA

## Sunscreen and You

To avoid the damaging effects of the sun's ultraviolet rays, we're often advised to wear sunscreen whenever we go outside. And, with skin cancer being the most common type of cancer in the United States, wearing sunscreen is of the utmost importance.

Recent changes mandated by the Food and Drug Administration have made sunscreen selection a lot easier. Under the new rules, sunscreen can only claim to reduce the risk of skin cancer and early skin aging if it is both broad-spectrum and has an SPF of 15 or higher.

Sunscreen that is not broad-spectrum or has an SPF of less than 15 can only claim to prevent sunburn and must include a warning stating it cannot prevent skin cancer or early aging. Sunscreen products also can no longer claim to be waterproof, only water-resistant, and labels must note a time limit of either 40 or 80 minutes before the sunscreen is ineffective.

For more information on sunscreen, visit the American Academy of Dermatology's website.



### Did You Know?

The average adult needs to use **1 ounce of sunscreen** every time they apply it to adequately cover their body.

This is roughly equivalent to the amount needed to fill a standard shot glass.



## Clearing the Confusion on Food Expiration Dates

In May, the Food and Drug Administration (FDA) issued guidance urging the food industry to streamline food labels into one standard one. Specifically, they pushed for the industry to abandon confusing expiration dates and adopt a standardized "best if used by" label.

The FDA estimates that households waste 20%—or \$161 billion—of food products each year due to confusion over various expiration labels on perishable products, including "sell by," "use by," and "best if used by." The FDA suggests that these labels lead consumers to believe that their food is expired, even when that might not be the case. Universal application of the "best if used by" date shows consumers that the products are still safe by the date indicated, reducing waste.

With the exception of infant formula, which is subject to different expiration date regulations, the FDA is working with food manufacturers to have them adopt the expiration label initiative, which is voluntary. Consumers should check their food perishables for color or texture changes, or odor, to evaluate if their food is safe to eat after the "best if used by" date.

