



Media Release

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HO HO HOT! STAY HEALTHY THIS FESTIVE SEASON WITH SUMOSALAD!

Summer and the festive season are now upon us so watch out for belly blowouts! We all tend to over indulge around this time of year, or maybe we're even still wearing our 'winter coats', so let **SumoSalad** make it easy for you to stay healthy this summer whilst not missing out on all the fun!

SumoSalad are big fans of healthy diets and lifestyles, so if you'd rather get out of the kitchen and enjoy the warm weather then let them do the work for you. **SumoSalad** has a great range of delicious, healthy and affordable summer salads, so on your way to the next barbie or party all you have to do is swing by your nearest **SumoSalad** store and pick them up!

How do these delicious healthy salads tantalise your tastebuds? Lemon and Herb Roasted Chicken, Pumpkin and Pine Nut, Spicy BBQ Prawn, Penne with Roasted Eggplant and Fetta, Tuna Pasta with Caper and Red Onion...and this is just the beginning!

SumoSalad are big on taste and value, providing only the freshest and most nutritious variety of meals possible -the perfect way to start achieving an overall healthy lifestyle.

Here are a few of **SumoSalad's** tips for staying healthy this summer:

- Make sure you have plenty of salad on your plate to fill you up and go easy on the dressing
- Avoid fried and fatty foods, most barbies have other alternatives such as salads and grilled lean meats
- Snack on fresh summer fruit instead of chips and dips
- Try making hearty salads with prawns, chicken or meat for protein – makes a nice change from the standard snags and rolls
- Choose leaner meats for your BBQ, and marinate them for up to 24 hours to enjoy flavour without the fat
- We know it can be hard, but try and keep alcohol consumption to a minimum and make sure you drink plenty of water. Keeping hydrated during the hot months is essential, so aim for around two litres a day
- Stay active, combine fun activities like swimming and beach cricket into your barbie
- Use the holiday period as an opportunity to catch up on some much needed sleep, you'll feel refreshed and energised!
- Remember to SLIP, SLOP, SLAP, WRAP, because no one likes a red Sumo...

So don't spend this festive season in the kitchen preparing healthy and delicious meals – let **SumoSalad** do the work for you!

SumoSalad now has 44 outlets across Australia. To find your closest store location or to look up nutritional information and other details simply check out www.sumosalad.com

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