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# Summer Fun Healthy Eating Tips

When you go to see a baseball game or the fair it can be hard to still eat healthy. Most foods at carnivals and baseball stadiums are super sized and usually come in smaller sizes. Here are a few unhealthy foods that you can find at fun summer places (like baseball stadiums, fairs, concerts, etc.) and a healthier alternative.

It's hard to enjoy a summer excursion without being bombarded by high-cal, fatty foods and humongous portions at every turn. Making matters worse, if you find yourself catching a whiff of funnel cakes on an empty stomach, the temptation to get a plateful might be more than your weight-loss resolve can handle

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