

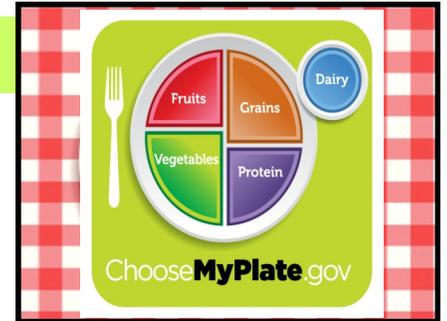
Best Backyard BBQ

Healthy Eating Tip Of The Month
July 2015

◆ Healthy Picnic Plate ◆ BBQ Food Safety ◆ Grilling and Cancer ◆ Healthier BBQ Recipes

My Healthy Picnic Plate

Follow these 5 simple picnic packing tips and enjoy a well-balanced, environmentally friendly picnic!



Low Calorie Beverages

- ☒ Water Infused with:
 - strawberries
 - lemon
 - cucumbers
 - peaches
 - mint
- ☒ Unsweetened tea
- ☒ Flavored water
- ☒ Sparkling water
- ☒ Diet soda

Satisfy That Sweet Craving

- ◆ Keep portion sizes moderate
- ◆ Choose fruit or fruit based desserts
- ◆ Try a new sweetener
 - honey
 - Stevia
 - lite maple syrup
 - cinnamon

Get Active

- ☐ Instead of going back for seconds, play lawn games:
 - frisbee
 - volleyball
 - bocce ball
- ☐ Pack the tent and turn the weekend into a camping trip!

1 Portion Control

- ◆ Want to eat more food and less calories?
Consume larger portions of low energy density foods:
 - Vegetables, fruits, grains and low fat dairy productsConsume small portions of high energy density foods:
 - High fat meat and cheese, desserts and junk food

2 Sneak a Peak

- ◆ Look at all the food available first, weigh your options and use the My Picnic Plate diagram to help build a healthy plate.

3 Limit Sodium

- ◆ Decrease the amount of sodium in your food and save money by purchasing fresh in-season fruits and vegetables like corn, green beans, melons and pears.
- ◆ One cup of canned corn contains 571mg of sodium compared to 13mg in an ear of corn.

4 Get Lean With Protein

- ◆ Substitute high fat meats like steak, hotdogs and beef burgers for lean protein sources such as poultry, fish and legumes to help lower your cholesterol.

5 Go Green

- ◆ Replace plastic ware with reusable metal ware or recycled napkins, bamboo cutlery and plates to help support the environment.

ABCs of BBQ Food Safety

Use these ABC Grilling Food Safety Tips to avoid a food borne illness while grilling!

At home

- **Keep it cool.** Pack cold foods in ice so they keep at less than 41° F.
- **Avoid spills.** Keep meat, salads and condiments in tightly sealed containers to avoid cross contamination from food spills.
- **Place the cooler in the front of the car.** The front of the car is cooler than the trunk, which will prevent ice from melting rapidly.
- **Find a shaded area.** Place the cooler under a tree or picnic table with the lid on tightly to prevent food from warming up.
- **Add ice!** Have a plan for replacing melted ice, especially on hot days.



TIP: Place meat, produce and drinks into separate compartments inside the cooler to avoid cross contamination if a spill does occur.

- **Defrost meat, before adding heat.**

Thaw frozen food safely 1 of 3 ways :

1. In a covered container in the fridge
2. Submerged in cold water in the sink. Must change the water every

30 minutes and cook immediately.

3. Microwave and cook immediately.

- **Wash your hands.** Lather hands with hot, soapy water for 20 seconds before handling food and when switching between foods.

TIP: Sing the ABCs song to time hand washing

By the grill

- **Cut with different colors.** Prep beef, poultry and produce on separate cutting boards to prevent cross contamination.

- **It's safe to bite when the temperature is just right!**

Cook meat, fish and poultry to appropriate internal temperatures:

- Beef, veal, lamb 145 °F
- Poultry 165 °F
- Pork and ham 145 °F
- Seafood 145°F

- **Separate raw and cooked meat.** Use different plates and utensils for raw meat and cooked meat and keep raw meat away from produce on the grill.



- **Keep hot food hot.** Move already cooked meat to the sides of the grill to keep it warm and away from raw food until ready for service.

TIP: Test for doneness by inserting a thermometer into the thickest part of the meat.

- **Don't waste Time.** Store leftovers in a refrigerator or cooler immediately and throw away any food that has sat out longer than 2 hours or 1 hour if the temperature is above 90°F.

Cleaning up

- Leave the leftovers.
 1. Toss a grilled leftover if it is not consumed within 3 or 4 days.
 2. Reheat leftovers to 165°F before reserving.
 3. Boil leftover sauce before reusing on cooked meat.
- Clean your machine. Wash your grill with hot, soapy water between uses.



Grilling and Cancer – Does Grilling Really Cause Cancer?

Research shows that grilling meat can lead to the formation of carcinogenic compounds called heterocyclic amines (HCAs). The good news is there are several simple ways to significantly reduce HCA formation in grilled meat so that you can enjoy many healthy and tasty BBQs this summer.

5 Ways to Reduce HCA Formation When Grilling

1. Cut the Fat

- ◆ **Fact:** Fat drippings from grilled meat produces flames and smoke, which then directly interact with the meat on the grill to form HCAs.
- ◆ **Tip:** Decrease direct contact between meat and smoke by choosing lean meats, trimming all visible fat and grilling over perforated aluminum foil.

2. Don't Over Cook

- ◆ **Fact:** The total HCA content in well done meat is 3.5 times greater than that of medium-rare meat and even higher in charred or blackened meat.
- ◆ **Tip:** Grill meat slowly over medium heat to a safe internal temperature to avoid blackening or charring the meat.

3. Plan to Pre Cook

- ◆ **Fact:** The longer meat stays on the grill the greater the exposure to smoke and flames and the higher the risk of HCA formation.
- ◆ **Tip:** Precook meat in the oven and finish it on the grill to decrease cooking time or substitute the meat for fish, which cooks more quickly.

4. Marinate Meat

- ◆ **Fact:** Marinating meat in antioxidant spices such as rosemary, turmeric, and ginger can block HCA formation by up to 96%.
- ◆ **Tip:** Choose marinades with antioxidants and oils such as grapeseed or virgin olive that can be heated to a high temperature without smoking.

5. Add Fruits and Veggies

- ◆ **Fact:** Grilled fruits and vegetables do not produce HCAs and actually contain agents called phytochemicals that protect against cancer.
- ◆ **Tip:** Substitute meat for veggie burgers or other grilled fruits and veggies.

Bonus Marinade Recipes With Antioxidants

<u>Rosemary Balsamic</u>	<u>Lemon and Herb</u>	<u>Dijon Sun-Dried Tomato</u>
<ul style="list-style-type: none">• 2 tablespoons olive oil• 2 tablespoons balsamic vinegar• 6 cloves of garlic• 6 sprigs of fresh rosemary• A dash of pepper• Marinate for up to 24hrs and grill	<ul style="list-style-type: none">• 1/4 cup olive oil• 1/4 cup chopped fresh herbs• 1 lemon (zest and juice)• Marinate for up to 30 minutes	<ul style="list-style-type: none">• 1/4 cup olive oil• 1 teaspoon thyme• 1 teaspoon rosemary• 2 sun-dried tomatoes in oil• 1 tablespoon Dijon mustard• Spread on top and grill

Healthier BBQ Recipes

Heart Healthy Appetizers

Creamy Spinach Dip

Ingredients

- 3 garlic cloves, minced
- 2 cups frozen spinach, thawed
- 1 cup Greek yogurt
- 2 tablespoons dill, chopped
- 1 tablespoon olive oil



Instructions

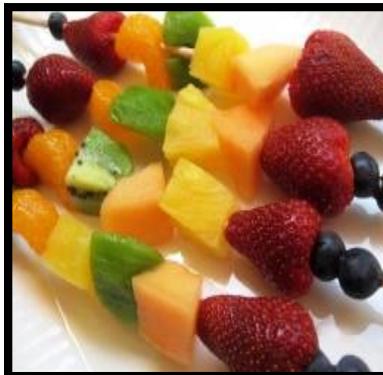
1. Thaw spinach and squeeze out extra water.
2. In a bowl, combine all ingredients and mix well.
3. Serve with your choice of low fat chips or whole wheat crackers.

• **Nutrition:** This flavorful dip is packed with calcium and vitamin D to help build strong bones and muscles.

Colorful Fruit Kabobs

Ingredients

- 50 strawberries, hulled
- 50 pieces of cantaloupe
- 50 pieces of pineapple
- 50 pieces of kiwi
- 100 blueberries
- 50 bamboo or other skewers



Instructions:

1. Prep fruit pieces into cubes and place them fairly high on a skewer to prevent fruit from sliding off.
2. Eat raw or put on the grill and toast each side.

• **Nutrition:** Colorful fruits and vegetables contain phytochemicals, which act as an antioxidant to protect cells against cancer forming agents.

Lean Burger Ideas

Lean Beef Burger

- **Prep:** Use 95% lean ground beef.
- **Tip:** Mix lean beef with onions and mushrooms to add back moisture.
- **Nutrition:** A 3 oz patty only contains 2 grams of fat and is packed with protein, zinc and vitamin B12.



Turkey Burger

- **Prep:** Use lean ground turkey.
- **Tip:** Add Dijon mustard before grilling to help the ground turkey bind and garlic or crushed red peppers to enhance flavor.
- **Nutrition:** Turkey is rich in heart healthy nutrients such as selenium and B complex vitamins.



CAUTION! The application of high heat on meat can cause the formation of carcinogenic compounds called HCAs. To reduce HCA formation, reduce heat and flip meat frequently to prevent burning.

Black Bean Veggie Burger

- **Prep:** Blend a can of black beans with garlic powder, oregano, egg and whole wheat bread crumbs.
- **Tip:** Cook on aluminum foil to keep broken bean burger pieces from falling into the grill.
- **Nutrition:** Black beans contain protein and fiber, which helps you feel full without adding fat.



Looking for a Low Carb Bun?



Portobello Burger Bun

- **Prep:** Rinse mushroom, pat it dry, remove stem, and place on grill.
- **Tip:** Lightly brush olive oil on both sides of the mushroom to keep it from sticking to the grill. Too much olive oil will make the mushroom soggy.
- **Nutrition:** Mushrooms contain moderate amounts of potassium, an important electrolyte for muscle and nerve function.

Healthier BBQ Side Options

Grilled Corn, Avocado and Tomato Blend

Ingredients

- 1 ripe avocado, cubed
- 2 ears of corn
- 2 Tbsp fresh cilantro, chopped
- 1 pint grape tomatoes, sliced in half



Instructions

1. Husk corn and grill over medium heat until tender. Scrape cooked corn off with the back of a knife into a bowl.
2. Add tomatoes, avocados, and cilantro in the bowl with corn and pour onto aluminum foil.
3. Fold all sides of the foil to form a sealed packet. Place packets seam side up on the grill over medium heat for 20 minutes or until vegetables are tender.

Greek Tortellini Salad



Salad

- 2 cups tomato slices
- 1 whole cucumber, sliced
- 1 avocado cubed
- 1 cup feta cheese
- 12 oz finely chopped black olives
- 1/4 of a small red onion, thinly sliced
- 2 1/2 cup cooked, cold tortellini

Salad Dressing

- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 1/4 teaspoon black pepper

Instructions

1. In a medium bowl, whisk together all salad dressing ingredients and lightly coat salad.

FUN FACT! Consuming healthy, lipid rich foods such as avocados with colorful fruits and vegetables increases the absorption of carotenoids by four fold.

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