



Healthy Eating Tip

Safe & Healthy Grilling

From traditional favorites, such as burgers, to side dishes and desserts, grilling is a great way to add flavor to all types of food. When preparing a menu, though, think beyond the traditional favorites. Use these tips below to create a *healthy* and *safe* cookout menu!

Before the Big Cookout

Start by cleaning your grill. For the cleanest work area, scrub your grill with hot, soapy water. Then, when you are ready to cook, allow the grill to heat up sufficiently to eliminate potential bacteria problems. Make sure you have the right tools, including a food thermometer to ensure your favorite foods are cooked to the proper temperature. Lastly, pack extra plates and utensils to use when handling raw and cooked foods and always keep them separated.

Mix It Up

Eat a rainbow of fruits and vegetables; the more color, the better. In-season fresh fruits and vegetables and their bright acidic flavors can be a great heart-healthy side or entrée. Grill vegetables such as red peppers, corn on the cob, eggplant, summer squash, sweet potatoes, cherry tomatoes, mushrooms and onions, season with herbs and place directly on a hot grill (or a piece of aluminum foil) until they are tender and brown. Fruits and vegetables are less likely to form carcinogens at high heat, so try swapping produce for some of your animal protein. Thread tomatoes, onions, squash and peppers on kebabs and place on the grill to naturally enhance the flavor.

Marinate

Marinate meat for at least 30 minutes before grilling, using acidic ingredients such as vinegar, lemon juice or orange juice. Grillers also need to pay close attention to the marinade. Many pre-bottled marinades and barbecue sauces are high in sodium and added sugars, such as high-fructose corn syrup. Add cilantro, shallots or chili sauce to spice things up. Do not be afraid to make your own marinade or rub using your favorite spices with balsamic vinegar!

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From Corporate Fitness Works Registered Dietitian, Alena Pursell

Healthy Eating Continued...

Go Lean

Grill marinated portobello mushrooms, veggies or turkey burgers! The American Heart Association recommends substituting lean chicken or fish for red meat, because they have less cholesterol and saturated fat. Fatty fish, such as salmon and trout, are also high in heart-healthy omega-3 fatty acids. Ground turkey breast is also a good substitute, since it can be as lean as 99 percent fat-free. In addition to your meat choices, trim the fat off meats and remove the skin from chicken or fish to reduce carcinogen-causing flare ups. Cooking outside the flame rather than directly over it can also help prevent any flaring.

Healthy Sides

If you are looking to make a traditional side, such as coleslaw or potato salad, make healthy substitutions or keep the portion sizes small. Use light mayo or Miracle Whip, Greek yogurt or try a vinegar based recipe. Grab whole grain buns for your turkey burgers, and load up on low calorie condiments, such as mustard, salsa, or relish.

Don't Forget Dessert!

Want a quick and easy way to bring a sweet treat to the cookout? Grill fruit kabobs, pineapple, peaches or nectarines on low heat until the fruit is hot and slightly golden for a tasty and naturally sweet dessert. Grill watermelon for 30 seconds on each side to bring out unique flavors. You will cut down on carcinogens and add cancer-fighting phytochemicals to your meal in the process.

Finally, remember to use a food thermometer to ensure the meat reaches a safe internal temperature. Use the guide below as a helpful tool. *Happy grilling!*

Type of Meat

Safe Minimum Internal Temperature*† (°F)

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Hamburgers	160°
Hot dogs	165° or until steaming hot
Bratwurst	160°-165°
Chicken Breast Whole/Drumstick/Thigh/Wing	165° 165°
Sausage Uncooked, Ground Beef, Lamb, Pork or Veal Uncooked, Turkey and Chicken Precooked	160° 165° 165°
Turkey (Whole, Stuffed** or Unstuffed) Thigh Breast	165° 165°

Beef Roast/Prime Rib	145° - 3 minute rest time
Pork Chops Ribs Roast	145° - 3 minute rest time 145° - 3 minute rest time 145° - 3 minute rest time
Venison	160°
Fish	145° - Cook until opaque and flakes easily with fork
Shrimp/Lobster/Crab	145° (internal) - Shell should turn red, and flesh should become pearly opaque
Leftovers	165°

† Allow whole cuts of meat to rest for three minutes before carving or consuming so its temperature remains constant or continues to rise, which destroys pathogens.

* Check internal temperature with a food thermometer. Visit www.homefoodsafety.org to learn how to calibrate your food thermometer.

Sources:

www.homefoodsafety.org

www.Eatright.org

www.aha.org