



Tips for a Healthier Sizzle This Season

▪ Choose a healthy portion of meat and select lean cuts.

A healthy portion of any type of meat is roughly 3 ounces, or the size of a deck of cards, and no more than 6 ounces.

▪ Opt for poultry, fish or vegetarian burger patties at times in place of meat.

▪ **Trim excess fat from meat and remove all skin.** This will help limit flare-ups that can char the meat on the grill.

▪ Keep red meat to a treat and avoid nitrates and nitrites from cured meats (e.g., hotdogs and sausages).

▪ **Make your grates great!** Clean your grill grates using a wire brush and wiping them down with a cloth or wad of paper towels to ensure no grill-cleaning bristles get into your food.

▪ **Prevent burning and stop smoke.** When meat is blackened by charring, carcinogens called heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs)

are formed. These compounds can damage our DNA and may increase cancer risk. HCAs are found in charring; PAHs are found in smoke.

▪ **Marinate.** Marinating prior to grilling is one of the best ways to reduce the formation of HCAs by as much as 96%. Include herbs because their antioxidants help offset the effects of grilling.

Four Elements of a Successful Marinade:

1. An acid to tenderize– lemon and lime juice, apple juice, wine, yogurt, buttermilk or vinegars
2. Herbs and spices for flavor
3. A drop of healthy oil to add moisture (e.g., olive oil)
4. Enough time to let the process work (Marinate beef, pork and poultry for at least one to two hours and marinate fish and veggies for at least 30 to 60 minutes.)

▪ **Add a dry rub.** A dry spice combo made with ingredients like turmeric, garlic and rosemary can cut down the production of HCA by as much as 70%.

▪ **Cook low and slow.** Cook it for a longer time but at a lower temperature (i.e., under 325 F) by turning the gas down or letting the charcoal burn down to the embers.

▪ **Cook meat, poultry and seafood to the right temperatures; use a thermometer.**

▪ **Microwave meat first (two minutes) and finish on the grill** to reduce HCAs by 90%. After microwaving, pat meat dry to reduce juice drip and smoke on the grill (FCAs), too.

▪ **Flip often – don't fork.** Turn the meat once every minute or so to help prevent HCAs from forming. Flip the meat with a spatula rather than a fork because piercing the meat will release juices that drip and lead to smoke, contributing to FCA production.

Use indirect heat.

- Fire up one side of your grill space but cook on the other.
- Use eco-friendly disposable aluminum pans or invest in a grill plate or grill basket.
- Place aluminum foil under the meat you choose to grill and poke a few holes in it to reduce the amount of juice that drips into the grill and to allow less smoke to reach the meat.
- Raise your grilling surface and move the charcoal briquettes to the sides of the grill.

▪ Before you eat grilled meat, remove any charred portions.

- **Make healthier homemade side dishes.**
- **Balance meat with veggies and fruit.**
- **Make homemade, healthier condiments.**
- **Choose whole-wheat buns.**

"Five Tips for Healthy Grilling," Jeanine Detz, consumerreports.org, July 1, 2018.

"Five Tips for Healthy Grilling," Patrick J. Skerrett, health.harvard.edu, updated May 25, 2016.

"Is Grilling the Healthiest Cooking Method?" Lorna Kring, foodal.com, June 21, 2015.



FIVE FOODS TO BOOST YOUR BRAIN

If you're trying to take care of your brain, it's important to focus on fueling yourself with the nutrients your body needs in order to support brain health and optimal mental function. Incorporating omega-3 fatty acids, antioxidants and B vitamins in your diet could give your brain the boost it needs!

- 1 BERRIES**
Ever wonder where berries get their bright, beautiful colors? The answer is flavonoids – natural plant pigments that can also help improve memory.
- 2 WALNUTS**
If you want a superior source of protein and healthy fat that may help improve memory, look to walnuts. Toss them in a salad, make a pesto or eat them raw!
- 3 FATTY FISH**
Omega-3 fatty acids have long been known to help protect the brain. Fatty fish is full of this healthy unsaturated fat.
- 4 GREEN VEGGIES**
Loading up on leafy greens can help slow cognitive decline by giving you a dose of nutrients like vitamin K, lutein, folate and beta carotene.
- 5 TURMERIC**
This ancient spice and potent antioxidant has been linked to fighting inflammation, thanks to its active ingredient curcumin. Incorporating turmeric in your diet may help ease depression, help new brain cells grow and boost your memory.

"19 processed foods nutritionists swear by," nbcnews.com, accessed April 5, 2021.

"Processed Foods: Problem or Panacea?", todaydietitian.com, accessed April 5, 2021.

Grilled Veggie Kabobs

Prep Time: 40 minutes

Cook Time: 15 minutes

Total Time: 55 minutes

Serves: 4

INGREDIENTS

- 1 cup cherry tomatoes
- 1 zucchini
- 1 red onion
- 1 bell pepper (green, red, yellow or orange)

Marinade

- ¼ cup olive oil
- 2 tablespoons lemon juice
- 2 teaspoons minced garlic
- 1 teaspoon Italian seasoning
- Black pepper and salt to taste



INSTRUCTIONS

1. Slice the vegetables into 1-inch pieces.
2. Combine the marinade ingredients in a bowl. Add the vegetables to the bowl and stir until the vegetables are well coated. Marinate the vegetables in a covered container in the refrigerator for at least 30 minutes, or up to two hours.
3. Add the vegetables to kabob skewers.*
4. Grill the kabobs for 15 minutes over medium heat or until the vegetables reach the desired texture.

**Note: When you're using wooden kabob skewers, soak them for 30 minutes in water before grilling to prevent the sticks from scorching. Or, try using a grill basket to skip skewering altogether!*

Recipe adapted from chocolateslopes.com/grilled-spring-vegetable-kabobs/