

NUTRITION BITES

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CARE MANAGEMENT

Power Up Your Picnic & Grill Up the Good Stuff

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Summer sun and longer days make the perfect setting for dinners made on the grill and picnics by the water. While a grilled hot dog or sticky s'more are classic summer fare, a world of options exists to expand your palate and explore new flavors

this summer. Freshening up your spread allows the introduction of healthy choices, as well.

Hot Off the Grill

Grilling is often considered a healthier food preparation method as compared to frying but it does matter what foods you throw on the grill and how you cook them. The grill is frequently filled with high-fat, processed meats such as hot dogs and sausages. This year, consider changing up your routine to refresh your grilling routine.

Choose Lean Proteins

Gravitate toward fresh, unprocessed and lean cuts of meat and poultry. Processed meats, including hot dogs, sausages and bacon, are associated with an increased risk of cancer and heart disease. It is beneficial to keep processed meat intake as low as possible.

Don't worry, there are still many options for your grilling. Try options including burgers made with 90% lean ground beef or ground turkey, fish high in heart healthy omega-3 fatty acids such as salmon or tuna, chicken breast, shrimp or pork chops. It is also a great time to embrace plant proteins such as tofu and veggie burgers.

Maximize the flavor by using a marinade or a salt-free dry rub. Marinating allows for flavors to infuse into the protein foods and tantalize your taste buds. Look for bottled marinades or use salad dressings like balsamic vinaigrette or Italian. Marinating time varies by product and recipe but a rule of thumb is that meats and poultry should soak for 1-2 hours, while fish and seafood need to sit for an hour. Refrigerate any foods that need to marinate for more than 30 minutes and be sure to toss out any remaining marinade after the meat has soaked in it to avoid potential bacteria and foodborne illnesses.

Fruits, Vegetables and Beyond

Grilling is not just for the meats! This cooking method can add flavor and those beautiful grill marks to fruits and vegetables. Also, adding produce to the grill will help to add those nutrient-packed, low-calorie fruits and vegetables to your plate alongside your protein food. This will help to fill you up and keep you feeling full for longer.

Tomatoes, onions, bell peppers, zucchini, eggplant, okra, cabbage, kale, portabella mushrooms and beets all hold up well on the grill. Grilling also brings out the sweetness in summer fruits. Try grilling up pineapple, mango, sliced watermelon, strawberries, peaches, nectarines and banana.

Perk Up Your Picnic

Nothing beats a picnic on a warm day, complete with watermelon juice dripping off your elbows. While there



are some picnic staples that you must have (hello potato salad!), a picnic menu offers ample opportunity to incorporate fruits, vegetables and lightened up classics.

Pump Up the Produce

Take advantage of the bounty of in-season fruits and vegetables. While juicy watermelon slices are a picnic staple, adding other fruits to the table can provide a healthy sweet treat. Consider adding grapes, berries, cantaloupe, honeydew and sliced up peaches, nectarines and plums. Fruit kebabs with yogurt dip are a fun and portable way to present fruit at an event. Lastly, try grilling fruit for a whole different spin on your summer favorites.

Vegetables add color, fiber and nutrients to your plate without adding too many calories. With so many options in season, it is a great time to have a vegetable tray with

hummus on the table. Consider adding unusual items such as snap peas, watermelon radish and multi-colored carrots. A summer picnic is a great opportunity to add a new vegetable-centered salad recipe to your repertoire to replace or serve alongside the classic potato salad and coleslaw.

Smart Hydration

Adequate fluid intake is essential, especially in the summer heat. It can be easy to pack canned sodas and sugar-sweetened beverages such as lemonade, but these drinks can add up quickly in calories. This summer, fill your cooler with unsweetened iced tea, water and flavored seltzer water. If you are feeling fancy, make infused water by adding items (such as cucumber and mint, strawberry slices and basil or lemon slices).

Featured Recipe

Peach Basil Salad with Fresh Mozzarella

For complete recipe and nutrition facts: [American Institute for Cancer Research](#)

Preparation time: 20 minutes

Total time: 50 minutes

Yield: 4 1.25 cup servings



INGREDIENTS

1-pound peaches, sliced into wedges then cut crosswise
8 ounces part-skim fresh mozzarella, cut into $\frac{3}{4}$ inch cubes
1 cup loosely packed fresh basil, torn into pieces
2 tsp extra virgin olive oil
2 tsp rice vinegar
Pinch of salt
Freshly ground black pepper

INSTRUCTIONS

1. In a large mixing bowl, combine peaches, mozzarella and basil.
2. Drizzle on oil and vinegar, add salt and pepper and toss gently until evenly coated.
3. Serve immediately or refrigerate for up to 4 hours.

Per 1.25 cup serving: 240 calories, 14 g total fat (7 g saturated fat, 0 g trans fat), 35 mg cholesterol, 15 g carbohydrates, 15 g protein, 2 g dietary fiber, 410 mg sodium, 0 g added sugar

