

Healthy Grilling

Tips for healthy grilling and barbequing



Grilling is a healthy and delicious way to cook during the summer months! Rather you are hosting a cookout or simply grilling dinner for your family, this can be one of the healthiest ways to cook.

1. **Pick a good protein:** Fish, skinless protein and lean red meats are all good choices. Fish like trout or salmon have many health benefits and when grilled correctly your family will not miss other options such as red meats that can pack in saturated fats. You can wrap fish in foil with seasonal vegetables or make chicken kabobs. If you do choose meat or pork be sure to find lean meats.
2. **Portion Control:** A healthy meat portion is about 3 ounces, which you can compare to a deck of cards. This is a good guide to limiting large portions. Pair with some grilled vegetables and you won't miss the larger portions.
3. **Marinades and Rubs:** Marinating can add a ton of flavor, just be sure to minimize excess salt! All you need is about 1/2 cup of marinade or 1 Tablespoon of a spice rub per pound of meat. Safety tip: never reuse marinade or spice rub after raw meat has touched it!
4. **Add lots of color:** Pretty much all vegetables can be grilled. The trick to getting them flavorful is cutting them in smaller pieces and brushing a healthy oil over them. Add seasonings of choice. Some good oil choices are olive oil and avocado oil. Seasonal vegetables in the summer can be a great choice including: Zucchini, peppers, onions and asparagus. Make these into kabobs with a healthy protein and you will easily have a crowd pleaser!
5. **Trim away the bad fat:** Buy skinless chicken and be sure to cut off the extra fat on red meat before grilling.
6. **Let the grill do the work:** Don't overdo it with marinades or spices, grilling alone adds flavor.
7. **Choose healthy sides:** Stay away from store bought side dishes like potato and pasta salad and try making something of your own. For example, a three-bean salad or cucumber tomato salad!
8. **Pick whole grains:** When it comes to choosing a bun for your turkey burger or chicken sandwich, choose a whole grain option. Lettuce wraps with whatever fixings you prefer are also a great option!
9. **Grill fruits for dessert:** When fruits are grilled the natural sugar caramelizes creating extra sweetness and flavor. Try apple, pear, pineapple or even sliced bananas!
10. **No mess:** One of the best parts of grilling is the mess is kept outside! Making it an easy clean up after a delicious, healthy meal.

Source: (<https://www.heart.org/en/healthy-living/healthy-eating/add-color/top-ten-tips-for-healthy-grilling-and-barbecuing>)



July: Outdoor Challenge

Enjoy nature for 300 minutes

This month's challenge invites you to enjoy nature for 300 minutes over the next 30 days – about 10 minutes per day. Choose something you enjoy doing. Enjoy lunch on a park bench or take a hike on a walking trail. Go fishing, boating, camping or to the beach. You can get your 300 minutes in all in one day or spread it out over the next 30 days. Both options have their advantages.

Being in nature is therapeutic. It reduces stress, improves mental health and increases mindfulness. Even a few minutes of sitting with nature transitions your mind into a relaxed state, which reduces blood pressure. In our busy lives, we can become disconnected from the beauty of the natural world. Reconnecting with nature can help us reconnect with ourselves and help us to remember who we are and what's really important to us, easing feelings of isolation and anxiety. Being in nature also reminds us that we're not just individuals, we're part of a larger beautiful work.

For more ideas see your onsite Ascension Wisconsin Employer Solutions representative.



Superfood of the Month: Blueberries

What is it?

Blueberries are a group of perennial flowering plants with blue or purple berries. They are a member of the Cyanococcus family within the genus *Vaccinium*, which also includes cranberries, bilberries, huckleberries and Madeira blueberries. Blueberries are native to North America, and are readily available and accessible to the masses in their raw, unadulterated form. This is how they will offer you the most nutritive value. Blueberries are also available in the frozen section of your grocery store or in dried form.

Why should I eat it?

Blueberries are one of the most antioxidant rich foods in the world. Antioxidants have been shown to play a role in protecting cells from the damage caused by free radicals that play a part in cancer, heart disease, stroke, diabetes and other diseases of aging. The blue color of the berry comes from its polyphenols which provide most of its antioxidant properties. Blueberries also provide necessary fiber, and vitamins and minerals such as manganese, vitamin C, iron, phosphorus, zinc and calcium.

What do I do with it?

- Use berries as fresh toppings on oatmeal, waffles, pancakes, yogurt or cereal for an extra burst of flavor and nutrition in your breakfast.
- Whip up a quick easy smoothie using frozen berries, low-fat milk and yogurt.
- Mix fresh or dried berries in a fresh lettuce or spinach salad.
- Fold berries into muffins and sweet breads.

Tips for buying and storing

Whether you're at a farm stand or in the produce aisle, choose blueberries that are dry, and "silvery" looking. Avoid those blueberries that are wet, puckered or dark blue. That means that the protective "bloom" has been rubbed off, and they won't last as long when you get them home. It is best to store your blueberries in the fridge and wash just prior to eating. Berries are delicate and very perishable. If you wash them first and plan to store them for a long period of time in the refrigerator they can start to break down faster. Blueberries should last a week and a half or more.

Nutrition

One cup of blueberries (145 grams) provides 83 Calories, 5 Calories from Fat. % Daily Value: Total Fat 0.5g 1%, Saturated Fat 0.0g 0%, Polyunsaturated Fat 0.2g, Monounsaturated Fat 0.1g, Cholesterol 0mg 0%, Sodium 1mg 0%, Potassium 112mg 3%, Total Carbohydrates 21.0g 7%, Dietary Fiber 3.5g 14%, Sugars 14.4g, Protein 1.1g, Vitamin A 0%, Vitamin C 38%, Calcium 0%, Iron 11%



Whole Wheat Blueberry Beet Muffins

INGREDIENTS

- 2 ½ cups whole wheat flour
- 1 ½ cups rolled oats
- 1 tablespoon baking powder
- 2 ½ teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 1 cup canola oil
- 2 cups applesauce
- 1 cup white sugar
- 2 eggs
- ½ cup water
- 1 cup blueberries
- 1 cup shredded peeled beets

PREPARATION

1. Preheat oven to 350 degrees F (175 degrees C). Grease 24 muffin cups.
2. Mix the whole wheat flour, rolled oats, baking powder, baking soda, cinnamon, and salt in a large bowl. In a separate bowl, mix the canola oil, applesauce, sugar, eggs, and water. Pour the applesauce mixture into the dry ingredients, and stir to combine. Gently fold in the blueberries and shredded beets. Spoon the batter into the prepared muffin cups.
3. Bake in the preheated oven until browned and a toothpick inserted into the center of a muffin comes out clean, 25 to 30 minutes.

Nutrition per Serving:

Calories: 198, Fat: 10 g, Cholesterol: 18 mg, Sodium: 301 mg, Carbohydrates: 25 g, Fiber: 2.7 g, Protein: 3 g