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**SUMMER 2010**
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## Fire up the BBQ! - via www.eatright.org

As the weather gets warmer, people spend more time outside and one of the most celebrated outdoor activities is the good old American barbecue.

Your grill is clean, hot and ready to go. Now comes the most important question: what to cook? There are the traditional barbecue favorites of hot dogs, hamburgers and chicken, but there are a number of other creative options. Try a few of these non-traditional ideas:

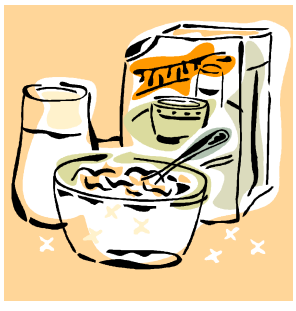
- *Cut the fat*. Grill up some turkey burgers instead. Ground turkey breast can be as lean as 99% fat-free. Add cilantro, shallots or chili sauce to spice things up. Or mix in feta cheese, kalamata olives, oregano and pepper and serve on a pita for a Greek-style burger.
- *Pile on the vitamins and nutrients*. Add flavor and nutrition to your meal with vegetables cooked right on the grill. Baste vegetables such as peppers, corn, eggplant or onions. Season them with herbs and place on a hot grill until they are tender and brown. Or sprinkle sliced zucchini, tomatoes and carrots with a little water and seasoning, wrap in heavy -duty aluminum foil and grill until vegetables are tender.
- *Don't forget dessert*. Grill fruit kabobs, pineapple slices or peach halves on low heat until the fruit is hot and slightly golden. Serve them on top of a scoop of low-fat ice cream or angel food cake for a tasty and nutritious dessert.

Finally, be sure to use one of the most important (and over-looked) grilling accessories: the meat thermometer. In addition to taking the guesswork out of cooking, the meat thermometer helps to prevent food borne illness by assuring your food is cooked to proper temperatures.

### Can Grilling Cause Cancer?

According to the USDA, recent studies suggest a link between cancer and charred meats and fish. Charring commonly occurs as a result of high temperature cooking methods, such as grilling, frying and broiling. Here are some tips to prevent your meats from charring:
*Remove fatty areas
*Pre-cook meat in the microwave before placing it on the grill
*Make sure the coals of the grill are not directly below the meat
*Avoid grilling meats until they are well done or burnt

## Three More Ideas for Cereal — Courtesy of Family Circle June 2010



***Stir 1 cup crushed bran flakes, 1/4 cup chopped walnuts, 1/4 cup brown sugar and 1/4 cup softened butter until crumbly. Sprinkle over muffins before baking.**

***Combine 2 cups Cinnamon Toast Crunch, 1/2 cup sliced toasted almonds and 1/4 cup granulated sugar. Coarsely crush. Roll 4 scoops of ice cream (1 pint) in mixture and refreeze before serving.**

***Crush and mix 2 cups Rice Krispies OR Captain Crunch with 2 tsp Cajun seasoning. Dip one by one, 4 thinly sliced boneless, skinless, chicken breasts in beaten egg; dredge in cereal mixture to coat. Bake 375' for 15 min.**

## Why Is There No Nutrition Facts Panel on Some Food Labels? - via www.eatright.org


In the National Labeling and Education Act, certain foods are exempt from nutrition labeling. These include:

- Ready-to-eat food that is not for immediate consumption but is prepared on site. For example, products from bakeries and delis or candy store items.
- Food that do not contain significant amounts of nutrients. For example, coffee, tea and some spices.
- Foods produced by businesses that meet certain criteria (business size, annual sales) may be exempt from nutrition labeling unless they make a health claim or nutrient content claim.

Become a smart shopper by reading food labels to find out more about the foods you eat. There are several reasons why it is smart to check out the Nutrition Facts found on most foods:

- Find out which foods are good sources of fiber, calcium, iron and vitamin C
- Compare similar foods to find out which one best meets your nutritional needs
- Search for low-sodium foods
- Look for foods that are low in saturated fat and trans fat.

# Fortified Foods for Kids? - Excerpt from Delicious Living Online Edition

Fiber-fortified soy milk. Cereal enriched with probiotics. Omega-3-fortified juice. You've likely seen these labels and more popping up on kids foods throughout the grocery store. It's not empty hype; when part of a balanced diet, nutritious add-ins are a simple way to ensure your child is well nourished.

"It's always best to get your nutrients from whole foods," says Ellie Krieger, RD, "That said, there are circumstances where kids need supplemental nutrients. If they don't eat calcium-rich foods, for example, calcium-fortified juice is a great choice." Boosting foods with nutrients is nothing new; bread and cereals have long been enriched with B vitamins to replace nutrients lost during processing, and since the 1930s vitamin D has been added to milk to enhance calcium absorption.

If you do buy fortified foods, stay away from gussied-up junk fare, like diet soda with added vitamins and minerals or sugary granola bars with extra fiber. Also, keep track of how much of a nutrient your child is taking in. "If your child eats calcium-fortified cereal and calcium-fortified juice for breakfast, with calcium-fortified snack bars, plus milk and cheese, he or she may be getting too much," says Krieger.

Which nutrients are worth looking for in kids foods?

Calcium, Fiber, Vitamin D, Pro-biotics and Omega-3's

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