



Healthy Summer Cookouts

To cut down on **red meat** which can contain high amounts of cholesterol and fats, try substituting a hamburger patty for a portobello mushroom. Mushrooms have the same texture as meats, making it a good substitution while getting extra vitamins and minerals such as Vitamin D and potassium. One portobello mushroom has about 30 calories and no fat or cholesterol compared to a 3-ounce hamburger patty that has 235 calories, 16 grams of fat and 76 milligrams of cholesterol. Extra nutrients: Use a whole grain bun for added B vitamins and fiber.

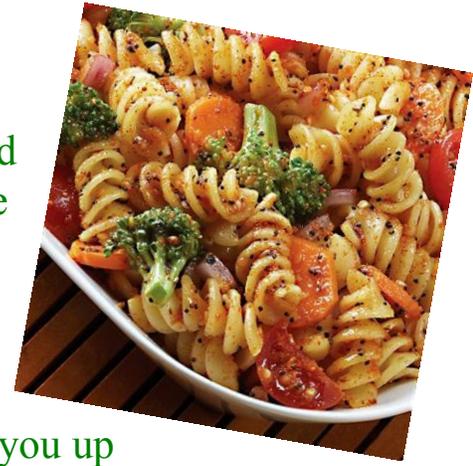
When preparing **desserts** for after the meal, replacing vegetable oils with applesauce is an easy way to smash calories and fat. Using unsweetened or natural applesauce will provide the moisture needed to hold your dessert together and provide you with extra fiber and Vitamin C. **1/2 cup of unsweetened applesauce has only 52 calories vs. 1/2 cup vegetable oil that has 970 calories!** Substituting applesauce for oil works best for oil-based recipes, not butter or margarine and is used as a one to one conversion. For example, if your recipe calls for 1/2 cup oil, substitute 1/2 cup applesauce in its place.



Make your own **french fries** or grill potato halves using Sweet Potatoes. Sweet potatoes contain loads of Vitamin C for a strong immune system and skin healing, as well as 400% of your daily requirement of Vitamin A (or beta carotene)! Beta carotene is a pigment that gives sweet potatoes their orange color but in your body it is an antioxidant which fights cancer and ageing at the cellular level. Darker sweet potatoes have more beta carotene than pale sweet potatoes. In addition to these health benefits, sweet potatoes and their skin contain fiber, Vitamin E (another cancer-fighter and anti-ager), B6, iron, and potassium! Talk about a super food!



For that famous **pasta salad**, try to use low-fat or fat-free salad dressing vs. mayonnaise and full fat products. Try using whole wheat pasta for fiber, iron, and B vitamins. Chop fresh vegetables to toss in your salad like bell peppers, cucumbers, celery, tomatoes, onions, and carrots. The more color variety, the more variety of nutrients you will get! You'll have an antioxidant-rich pasta salad as well as a side dish that will fill you up without adding a lot of calories.



Instead of a creamed or canned **corn**, try buying fresh ears of corn from a local farmers market or grocery store. Grilling corn on the cob is a great way to preserve nutrients that are lost in the canning process. It's also more fun to eat!



We can't forget about **hot dogs**! A regular hot dog contains 16 grams of fat and 600-800 mg of sodium where an all-beef, chicken, or turkey hot dog has around 8 grams of fat and 500-600 mg of sodium. While you aren't saving much in sodium, at least you're getting less fat. A few brands that are recommended and were taste tested by "Nutrition Action" are *Healthy Choice Beef Franks* (best tasting), *Empire Kosher Turkey Franks* (all poultry but a little rubbery), *Ball Park Fat Free Franks* (a mild tasting hot dog), and *Hebrew National 97% Fat Free Beef Franks* (stronger hot dog flavor).



If **alcohol** is part of your celebration, try not to use high calorie mixers like soda, juice, or margarita mixes. Be sure to alternate one alcoholic beverage with one glass of water to stay hydrated and cut back on calories from the alcohol. Select “light” versions whenever possible. Drinking alcohol before meals can cause you to overeat by 20%



at mealtimes for a total of 33% more calories consumed after calories from alcohol is factored in. Your best bet is to follow the recommended guidelines set by the American Dietetic Association of 1 glass for women and 2 glasses for men per day. 1 glass is equal to 12 oz. of beer or wine cooler, 8 oz. of malt liquor, 5 ounces of table wine, and 1.5 oz. of 80 proof distilled spirits such as gin, vodka, whiskey, etc.



Fruit is also a great side for any cookout. It has plenty of health benefits and can cool you down during the summer heat! Try cutting up fresh fruit and making a fruit salad, add nuts for more iron, protein and omega-3 fats, and top it off with fat-free Cool Whip. Add fruit to cakes, pies and yogurt parfaits. Fruit pizzas are a great way to lighten up desserts as well. Depending on your region, summer fruit that is in season usually includes apricots, strawberries, blueberries, blackberries, boysenberries, cantaloupe, cherries, avocados, grapes, limes, mangoes, kiwi, bananas, and melons to name a few.



Grilling is one of the healthiest way to prepare food vs. frying. Many people associate grilling with big steaks and burgers, but virtually anything can be grilled! Vegetables spritzed with olive oil and fruit are other easy grilling options using a grill pan. Making fruit or vegetable kabobs is another creative way to grill.

Successful grilling of meats could be all in the **marinade or rub**. Not the sugar-filled store bought kinds, but spices, herbs and other things found in your cabinets and refrigerator.

Rubs involve actually “rubbing” spices onto your food. Lightly brush food with olive oil and add spices like oregano, basil, thyme, parsley, cilantro, garlic, ginger, chili peppers or any other spices you may have.

Marinade meats, poultry, or fish for a few hours or overnight in a liquid to tenderize and add flavor before grilling. Some examples are lemon juice, wine, vinegar, beer, soy sauce, Worcestershire sauce, olive oil, or molasses.

Salsas are a great companion to meats once they are cooked. Try salsa verde, tomato salsa, fruit or yogurt based chutneys, or even a few spoonfuls of guacamole to spice it up.

Remember to have fun and wear sunscreen for protection from the sun!



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