



# NUTRITION NEWS

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## August is Great for Grilling!

The dog days of summer are here! On those hot, sultry nights, grilling is the way to go! Grilling offers healthy, flavorful alternatives that can increase the variety of the foods you eat. And grilling is no longer just for meats! Have you tried grilled vegetables recently? Grilling preserves much of the nutrition that fresh vegetables offer, while subtly changing the flavor of some of your favorite veggies.



In fact, grilled vegetables offer multiple health benefits. Grilling enhances the flavors of the vegetables naturally. Marinades may be delicious, but they aren't always necessary! The smoke from the grill infusing the veggies with a barbecue flavor.

Nutrient retention is definitely a benefit, but did you know grilling veggies may actually increase the nutrient content of some vegetables? Heating the fiber of certain vegetables (such as carrots) breakdowns and releases certain

mineral, which are then easier to absorb by our bodies.

Lastly, almost all vegetables can be grilled! The possibilities are endless. And like vegetables prepared in other ways, eating extra vegetables can help you lose weight. Because of the low caloric value but high fiber in vegetables, you may feel more full without getting excess calories and fat. And fiber also lowers your cholesterol and may play a role in the prevention of certain cancers.

Another food that is garnering lots of attention in the grilling world is salmon, which offers numerous health benefits as well. Salmon is loaded with omega-3 fatty acids, which have been shown to reduce inflammation, lower blood pressure, and decrease risk factors for disease. It is a great source of protein and is also rich in B vitamins. These B vitamins include B1, B2, B3, B12, and folic acid. Try seasoning it with fresh herbs and spices that enhance the flavor of the salmon.

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### Monthly Exercise

#### Side Twist

1. Stand with tow study chairs of the same height on each side of the body.
2. Place feet about shoulder width apart.
3. Turn, using the whole upper body and head, and touch the chair on one side.
4. Then, turn and touch the chair on the other side.

Aim for 10 twist.

Weber, maker of outdoor barbeques and grills, offers the following tips to increase your nutrient content as well as maintaining palatability.



1. Preheat the grill: preheat your grill with the lid closed for 10 to 15 minutes. The heat loosens any bits and pieces of food hanging onto the grate, making it easy to brush off. Preheating the grill also helps prevent food from sticking to the grate and gets the grate hot enough to sear properly.
2. Keep it clean: when bits of food have stuck to your cooking grate and the grate is hot, clean it with a stainless steel brush. This will also prevent food from sticking.
3. Oil the food, not the grate: oil prevents food from sticking. It adds flavor and moisture too. Lightly brushing or spraying the food with oil works better than brushing the grate.
4. Keep the lid down: this keeps the grates hot enough to sear the food. It also speeds up cooking time, which may prevent the food from drying out. Keeping the lid down will trap the smokiness that develops when fat and juices vaporize in the grill. It may also prevent flare-ups by limiting the amount of oxygen.
5. Time and temperature: monitoring your time and temperature helps ensure your food is not overcooked. Always use a timer! And remember, if you are grilling a colder climate or a higher altitude, the cooking times will be longer. If the wind is blowing hard, it will lower a gas grill's temperature and raise a charcoal grill's temperature.

6. Know when to be direct and know when to be indirect: direct heat (when the fire is directly below the food) is best for relatively small, tender pieces of food that cook in 20 minutes or less. Indirect heat (when the fire is on either side of the food) is best for larger, tougher cuts of meat that require more than 20 minutes of cooking.
7. Maintaining temperatures: having a consistent, reliable heat source and proper venting helps maintain low or high temperatures effectively. The dampers on top and bottom of the grill control the airflow inside the grill. The more air flowing into the grill, the hotter the fire will grow and the more frequently you will have to replenish it. To slow the rate of your fuel burning, close the top vent as much as possible. The bottom vent should be left open whenever you are grilling so you don't kill your fire.
8. Tame the flame: too many flare ups can burn your food. Keep the lid on as much as possible. This limits the amount of oxygen inside the grill, which will help extinguish any flare ups. If the flames are getting out of control, move the food over indirect heat temporarily, until they die down. Then move the food back.
9. Caramelization is key: one major reason grilled food is so popular is its seared taste. To develop this taste for maximum effect, use the right level of heat and resist the temptation to turn food often. As a general rule, turn food only once. This resulting caramelization creates hundreds of flavors and aromas.
10. Lighter fluid—no way! Lighter fluid is a liquid product that evaporates. Who wants that and its foul chemical fumes under their food?

The Farmers' Markets are still going strong! In fact, some of upstate New York's most beautiful produce isn't even at its peak yet!



Farmers' markets allow you to buy fresh fruits, vegetables, and even meats directly from the farmers who grow it. And they are often much cheaper than what you may get in the grocery store!

Of course the benefits of increasing your intake of fruits and vegetables are as many and varied as the produce you can get at our local farmers' markets. They add fiber, minerals, and nutrients without adding a significant number of calories or fat. The current recommendation is to eat a total of 2 1/2 cups of fruits and vegetables daily. While this can be accomplished with fresh, frozen, or canned, the summer months offer such an abundance of fresh produce that this goal becomes considerably easier.



Switching gears, did you know that August 3 is "Grab Some Nuts Day?" There are a number of health benefits to adding a moderate amount of nuts and seeds to your daily diet. They reduce the risk of several chronic diseases, including cardiovascular disease, type II diabetes, and some forms of cancer. They also contain plant based protein, fiber, and healthy unsaturated fats. Here are some specific benefits:

**Almonds:** excellent source of manganese, magnesium, and Vitamin E. Good source of copper, riboflavin, phosphorous, and fiber.

**Cashews:** excellent source of copper, manganese, and phosphorous. Good source of calcium.

**Flaxseeds:** excellent source of manganese, thiamin, magnesium, and fiber. Good source of phosphorous, copper, and selenium.

**Chia Seeds:** excellent source of fiber, manganese, and phosphorous. Good source of calcium.

**Hazelnuts:** excellent source of manganese, copper, and Vitamin E. Good source of thiamin, magnesium, and fiber.

**Macadamia nuts:** excellent source of manganese and thiamin. Good source of copper and fiber.

**Peanuts:** excellent source of manganese. Good source of niacin, folate, copper, magnesium, Vitamin E, phosphorous, thiamin, and fiber.

**Pumpkin seeds:** excellent source of iron, manganese, magnesium, and phosphorous. Good source of copper, zinc, and vitamin K.

**Sunflower seed:** excellent source of Vitamin E, thiamin, manganese, copper, magnesium, and selenium. Good source of Vitamin B6, phosphorous, folate, niacin, and fiber.

**Walnuts:** excellent source of manganese and copper. Good source of magnesium and phosphorous.

**Pecans:** excellent source of manganese. Good source of copper, thiamin, and fiber.

**Pistachio nuts:** excellent source of Vitamin B6. Good source of copper, manganese, phosphorous, thiamin, and fiber.

**Sesame seeds:** excellent source of copper, manganese, calcium, magnesium, and iron. Good source of phosphorous, thiamin, zinc, fiber, and Vitamin B6.

This recipe is loaded with fiber, energy, and flavor! Bake them ahead of time for a quick on the go snack or breakfast!

### **Chewy Walnut Trail Bars**

- 3 cups oats, old fashioned, rolled
- 1/3 cup brown sugar, light, packed
- 1/4 cup all purpose flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 1/2 cup walnuts, coarsely chopped
- 1/2 cup cherries, or cranberries, dried
- 1/2 cup chocolate chips
- 1/2 cup pumpkin seeds
- 1/2 cup coconut, shredded
- 1/4 cup sesame seeds
- 1/2 cup apricots, dried
- 1/2 cup butter, cut into small pieces
- 1/2 cup honey



Preheat oven to 325°. In bowl, whisk together oats, brown sugar, flour, baking soda, and cinnamon. Stir in walnuts, cherries, chocolate chips, pumpkin seeds, coconut, and sesame seeds; set aside.

In food processor, process apricots until broken up, about one minute. Add butter and process until a paste forms, about one minute. With motor running, pour in honey until well blended. Fold into oat mixture until well combined. Pat evenly into a parchment lined 9 x 13 inch baking pan.

Bake in the center of the oven until golden, about 30 minutes. Transfer to rack to cool completely.

Cut into bars and serve.

(Each serving contains 230 calories, 13 g total fat, 5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 60 mg sodium, 26 g total carbohydrate, 3 g fiber, and 4 g protein.)



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