

KEYS TO BETTER HEALTH™

Healthy Grilling 101

Summer is almost here, and that means it's time to heat up the grill! A backyard barbecue is a great way to enjoy the warmer weather and the wonderful flavors of grilled food. The best part is that grilling can be one of the healthiest ways to cook. Just follow our healthy grilling tips to make your next cookout nutritious and delicious!

1. Pick your protein wisely.

Seafood, skinless poultry, and lean cuts of beef are all good protein options. Fish such as salmon and trout are sources of omega-3 fats. Mix lean ground chicken or turkey with chopped onion, mushrooms, and seasonings to make savory burgers that are lower in fat and calories. If you choose to grill pork or red meat, look for "loin" or "round" cuts and "choice" or "select" grades of beef, and trim away any excess fat¹.



2. Add flavor with a marinade.

A marinade can add great flavor to your meat as well as reduce carcinogens that sometimes form during the grilling process². Either make your own simple marinade by combining olive oil, vinegar, and your favorite herbs and spices, or look for a bottled marinade that is lower in fat and salt.

3. Keep food safe.

Separate raw and cooked foods by using separate plates and utensils. Ensure that meat and poultry are fully cooked to the proper temperatures by using a meat thermometer. Hamburgers should reach an internal temperature of 160°F, and chicken should be cooked to at least 165°F. Cooked food should not be left out for more than two hours and should be refrigerated as quickly as possible³.

4. Look beyond meat.

Grilled vegetables and fruit can be a healthy and delicious addition to your cookout. Make colorful kabobs by alternating chunks of skinless chicken breast with onions and peppers. Or go meatless with grilled eggplant and tomato cutlets or portabella mushroom "steaks."⁴ Serve grilled pineapple or peaches with a scoop of frozen yogurt for a light but flavorful dessert.

Keys to Better Health™ offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags

Resources:

1. Survey: Top Ten Tips for Healthy Grilling and Barbecuing. American Heart Association website. <https://healthyforgood.heart.org/Add-color/Articles/Top-Ten-Tips-for-Healthy-Grilling-and-Barbecuing>. Updated December 10, 2016. Accessed January 26, 2017.
2. 10 Tips for Healthy Grilling. Cooking Light Website. <http://www.cooking-light.com/eating-smart/nutrition-101/healthy-grilling-tips>. Updated August 30, 2010. Accessed January 26, 2017.
3. Barbecue Basics: Tips to Prevent Foodborne Illness. U.S. Food and Drug Administration website. <http://www.fda.gov/ForConsumers/Consumer-Updates/ucm094562.htm>. Updated July 2, 2014. Accessed January 26, 2017.
4. 5 Tips for Healthy Grilling. Harvard Health Publications website. <http://www.health.harvard.edu/blog/5-tips-for-healthy-grilling-201305276318>. Updated May 27, 2013. Accessed January 26, 2017.

