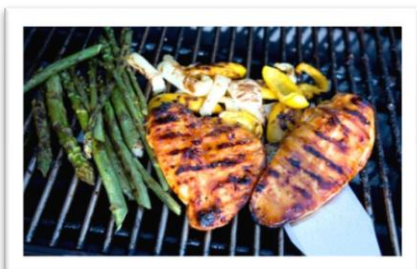


WEEKLY WELLNESS TIP: **Healthy Summer Grilling**

The summer is a great time to spend outdoors with family and friends. It is also a time to enjoy grilling your food! This summer, make healthy choices when choosing your meals. You won't have to sacrifice flavor or satisfaction with a few helpful hints!

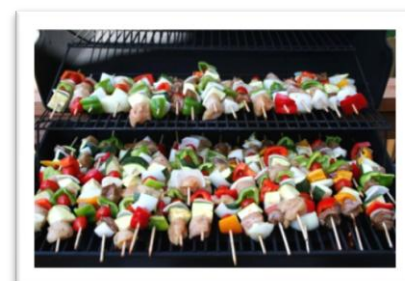


✓ Select smaller, leaner cuts, such as used for kabobs and limit your portion size. Choose fish as an alternative to hamburgers. Salmon, trout, and herring are high in heart healthy omega-3 fatty acids and hold up well on the grill. Season your fish with zesty lemon to amplify the flavor!

✓ Using lean ground turkey meat is a delicious and heart healthy alternative to beef. Toss in freshly chopped oregano, parsley, thyme and rosemary in place of salt to keep the sodium count low. Chopped onion and garlic will also add robust flavor. Add low fat cheese, load up on veggies, and top it off with a whole-grain bun for an overall healthy and delicious meal!

✓ Some research suggests that even briefly marinating meat reduces the formation of cancer-causing chemicals. To make your own marinade, choose an acid-based liquid (e.g. vinegar, citrus juice, and tomatoes), a little bit of healthy fat (like olive oil) and some seasonings.

✓ Most vegetables cook better and are less likely to stick if marinated first or brushed lightly with cooking oil. It may help to thread fruit or vegetables on skewers. Given the delicate nature of produce, grilling time may vary, but usually a few minutes will suffice.



✓ We tend to fill up on heavy mayonnaise-based potato salads. Try substituting full-fat mayonnaise for a low-fat version. If you add eggs, try to eliminate some yolks to reduce the cholesterol. You can even substitute full-fat bacon for lean turkey bacon. This alternative will be delicious and friendly on your waistline!



✓ Summer is a great time to visit your local farmers market to pick up seasonal goodies, such as beets and blackberries, green beans and watermelon. There is an abundance of seasonal produce loaded with nutrients and low in calories that taste wonderful grilled, such as bell peppers, asparagus, eggplant, sweet corn, summer squash, tomatoes, zucchini, peaches, plums, nectarines, apples, pears and pineapples. Fresh green salads and mixed fruit salads will be a favorite!

Enjoy healthy grilling with your family and friends this summer!