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Safe Summer Grilling

American Institute for Cancer Research (AICR) sponsored studies have identified six new possible cancer-causing substances from grilled meat. Dr. Robert Turesky of the Wadsworth Center at the New York State Department of Health in Albany further explains.

Heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs), come from grilled meat and may be changed by enzymes in the human body into cancer causing substances.

Simple household meat preparation like outdoor grilling or pan browning of hamburger meat can cause these substances to form.

"The Facts About Grilling" is a free brochure available from AICR. Tips are included to reduce production of HCAs and PAHs.

- Marinate meat—reduces production of HCAs by 92-99%.
- Pre-cook meat in oven or microwave, grilling only a short time for flavor.
- Use lean meat to avoid having fat drop onto coals—creates PAHs.
- Remove and discard any charred pieces.
- Grill more vegetables and less meat.

For more information on safe grilling or a free copy of the brochure call 1-800-843-8114. Visit www.aicr.org to read or download a copy of this brochure.

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Web sites of interest:

- www.aicr.org
- www.nutrition.gov
- www.nal.usda.gov/fnic
- www.nutrition.org.nutinfo
- www.wheatfoods.org
- www.foodsafety.org

Tomatoes – Good any way you slice 'em!

Nothing heralds the arrival of summer quite like fresh homegrown tomatoes. Whether you snap them off the vine and eat them standing there, slice them for sandwiches or burgers, fry them green, or turn them into salsa or gazpacho, tomatoes rule during the summer!

We grow them in our gardens or patio containers for quick easy access to that burst of tart flavor, unavailable during the long winter months. Isn't it good to get away from the hot house pinks sold in the supermarket!

Like all other summer vegetables and fruits the nutritional benefits are outstanding. Vitamin A, Vitamin C, Fiber and the newest nutrition kid on the block – lycopene. See Recipe Corner page 4 for tomato recipes.

Fresh home grown tomatoes are great any way you prepare them.

Simple Summer Suppers

It's soon going to be too hot to cook. You've been thinking of having the stove removed because you can't take the heat in the kitchen. Wait a minute.

Cool quick summer suppers can come out of cans, bags, and plastic containers and still be tasty, nutritious, and lovely to behold. Shoot for a protein, whole grain, vegetable, and fruit. Have a glass of skim milk and a slice of whole wheat banana bread (see Recipe Corner page 4) to round it out. Consider these ideas:

- Tuna salad on whole wheat English muffin with baby spinach leaves and mandarin orange slices
- Cottage cheese with diced green onion, red, green, and yellow peppers, stuffed into a large fresh tomato with whole wheat crackers and fresh peach slices
- Salad of baby field greens, garbanzo beans, chopped walnuts, dried cranberries with raspberry vinaigrette dressing and sliced strawberries. Add whole wheat crackers.

Light cool summer suppers can be a lovely way to beat the heat.

On the Move

Taking a "road trip" this summer? While it's fun to stop for a leisurely dinner, don't rely on "catch as catch can" for breakfasts, snacks, and lunches. Pack a small cooler and a small cardboard box with travel necessities for breakfasts, snacks, and lunches.

Cooler – skim milk, water, juice, low fat cheese, lean deli meats, lite mayo, cherry tomatoes, washed lettuce leaves, onion slices, grapes, apples

Cardboard Box – Whole wheat bread, whole wheat crackers, whole grain dry cereals, bananas. Mustard, baked chips, paper plates, paper napkins, plastic forks

Food Choices Without Guilt

When was the last time you saw someone experience the joy of eating a piece of chocolate cake or apple pie a la mode without saying "I really shouldn't be eating this" or "I know it's bad for me, but I was tempted."

How did we get to this state of "guilt-tripping" over food?! Is it because we are more health-minded and recognize the potential harm from eating unhealthy foods or excessive amount of any type of food?

Our parents who survived the depression and World War II knew how to enjoy food. Let's take a lesson from them and lighten up!

If you're one who begrudges yourself every bite you eat, perhaps you can find a more comfortable place with your eating habits. Tips for relearning to enjoy every bite you eat without guilt:

- Make your home a "safe haven". Don't have foods hanging around that make you feel bad when you eat them.
- Enjoy small servings of your favorite desserts, chips, or dips when you are with friends away from home.

Other commonly heard sayings that imply guilt over food choices include:

- "I cheated on my diet."
- "This is sinfully delicious."
- "This is chocolate decadence."
- "I was bad – I ate it all."
- "I was good – I didn't eat any of it."
- "He's a closet eater."
- "I am so ashamed of my weight."

Recipe Corner

Tomato Bruschetta

(From Simply Recipes @www.elise.com)

6 or 7 fresh ripe plum tomatoes (about 1 1/2 lbs)
2 cloves garlic, minced
1 Tbsp extra virgin olive oil
1 teaspoon balsamic vinegar
6-8 fresh basil leaves, chopped.
Salt and freshly ground black pepper to taste

Remove the skins from the tomatoes. Cut them in quarters and remove the seeds and juice from their centers. Also cut out and discard the stem area.

Chop up the tomatoes finely. Put tomatoes, garlic, olive oil, and vinegar in a bowl and mix. Add the chopped basil. Add salt and pepper to taste. Spread on toasted French bread slices.

Nutrition information per serving:

Calories	36
Fat, g	3
Saturated fat, g	0
Trans fat, g	0
Protein, g	1
Cholesterol, mg	0
Carbohydrate, g	3
Sodium, mg	6
Dietary fiber, g	1

Whole Wheat Banana Bread

2 cups whole wheat flour

1/4 cup sugar

1 tsp. baking powder

1 tsp. baking powder

4 large ripe bananas, mashed

1 tsp. vanilla extract

Mix dry ingredients. Stir in banana and vanilla. Bake at 350 degrees for 45 minutes. Makes 16 slices. Nutrition information per slice:

Calories	94
Fat, g	0
Saturated fat, g	0
Trans fat, g	0
Protein, g	2
Cholesterol, mg	0
Carbohydrate, g	22
Sodium, mg	105
Dietary fiber, g	3

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Food and Fitness

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Nutrition – Does It Have to be All or Nothing?

Gradually change to healthier eating habits. Keep fresh cut up fruit in the fridge.

You want the perfect diet because you know it will make you feel better. You'll lower your blood pressure, your cholesterol level, and your weight. But, must you have a pristinely perfect diet to enjoy the benefits of good nutrition? In a word, no!

The first step is to evaluate your eating style compared to the "gold standards" of good nutrition:

- Fruits (not juices) – whole, fresh, frozen
- Vegetables – fresh, frozen, canned without salt
- Dairy – non-fat
- Protein – mostly plant, such as nuts and beans. Small amounts of fish, lean meat, lean poultry
- Whole grains – look for the word "WHOLE" in the first phrase of the ingredient list

The second step is to decide what you are willing to change. Maybe you are not willing to give up fish, but you are willing to eat more vegetables. Pick one activity per week from the "gold standards" food chart to tackle!