

Eating with the Summer Season

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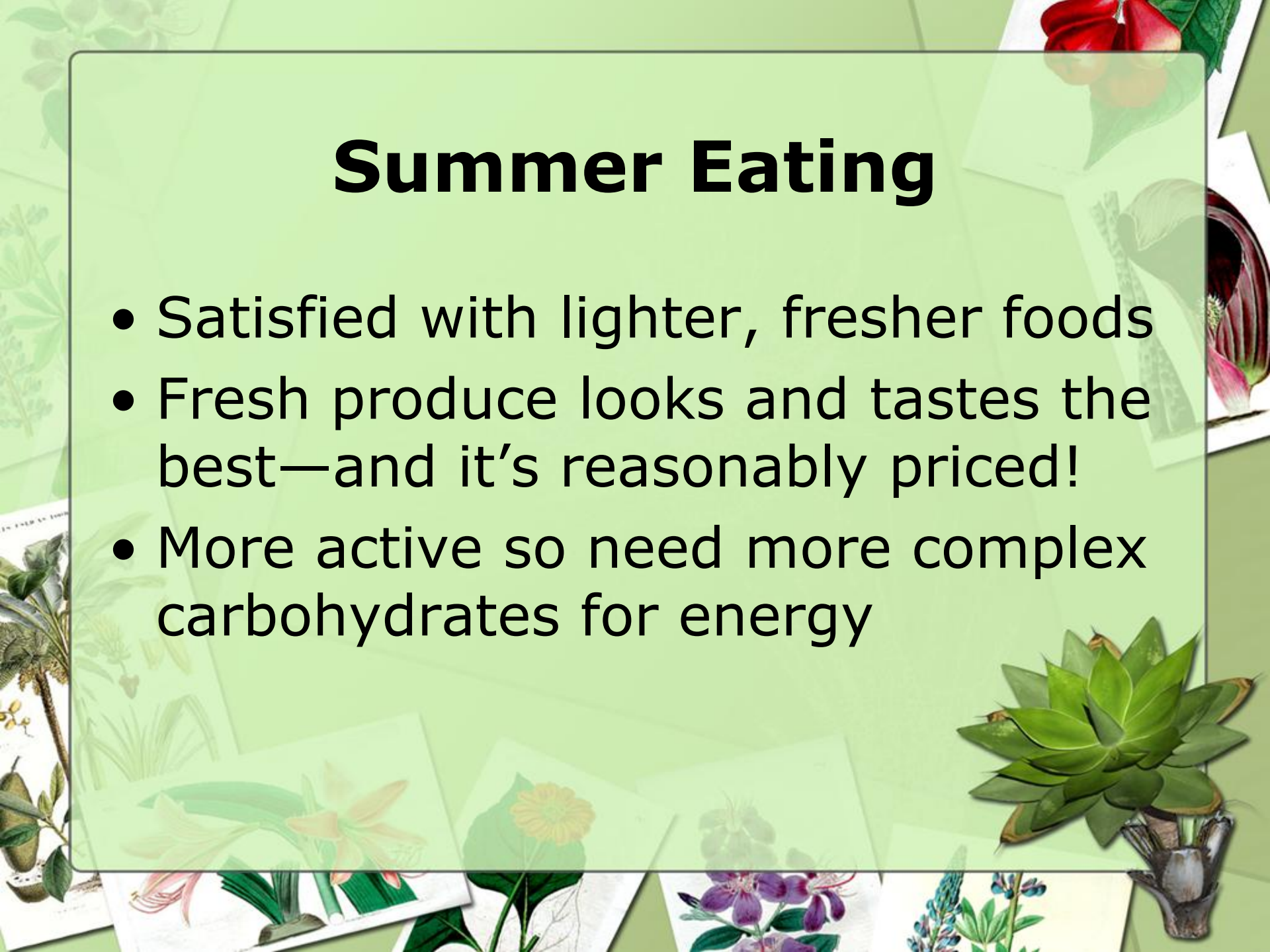
What is so unique about summer foods?

- Variety
- Color
- Taste
- Nutrition



Summer Eating

- Satisfied with lighter, fresher foods
- Fresh produce looks and tastes the best—and it's reasonably priced!
- More active so need more complex carbohydrates for energy



Complex Carbohydrates

Food groups that provide these:

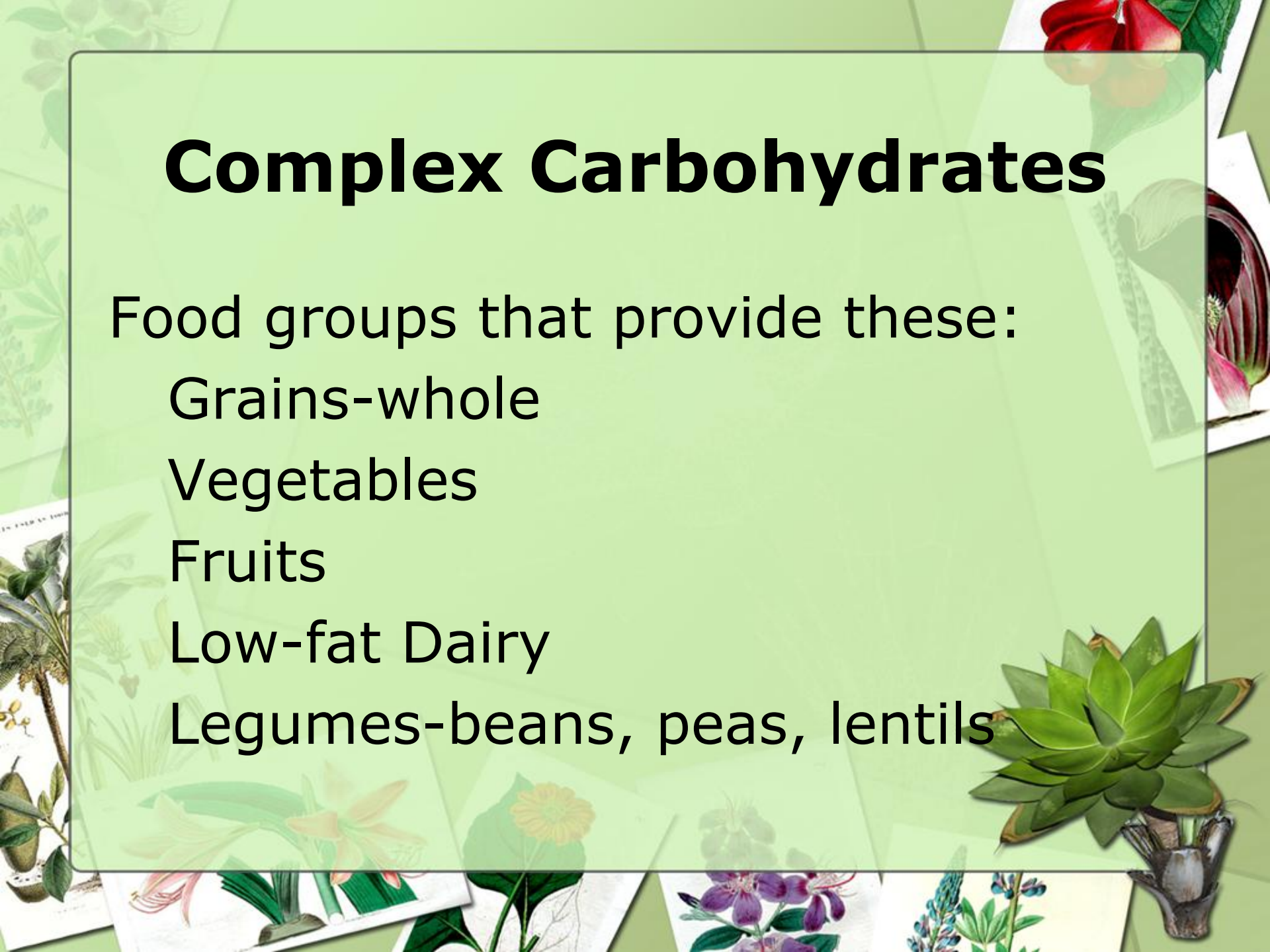
Grains-whole

Vegetables

Fruits

Low-fat Dairy

Legumes-beans, peas, lentils



Carbs at Their Best

- Sprinkle fresh berries on your cereal
- Top whole grain waffles with fresh sliced peaches
- Pasta salad with broccoli, red pepper, red onion tossed with low fat vinaigrette dressing
- Stir-fry fresh peapods, carrots, green onions and colored peppers and serve over brown rice (add small amount of chicken, lean meat, shrimp or tofu)

Local produce

- Consider visiting a farmer's market or local farm stand so you can see the source of your food and make a connection with the grower
- Often produce is just hours from being picked versus being shipped a long distance or sitting in a warehouse

Summer Melons

- Cantaloupe and honeydew have vitamin C--cantaloupe also has carotenes which body converts to vitamin A (excellent source)
- Musk-netted skin, orange flesh
- Watermelon has potassium, carotenes and lycopene which fights cancer (50 varieties!)



Other melons

- Cranshaw-yellow skin, golden flesh, very sweet! (Aug-December)
- Santa Claus-yellow melon with prominent green and black stripes, pale green flesh
- Canary-oblong, bright yellow rind, sweet off-white flesh

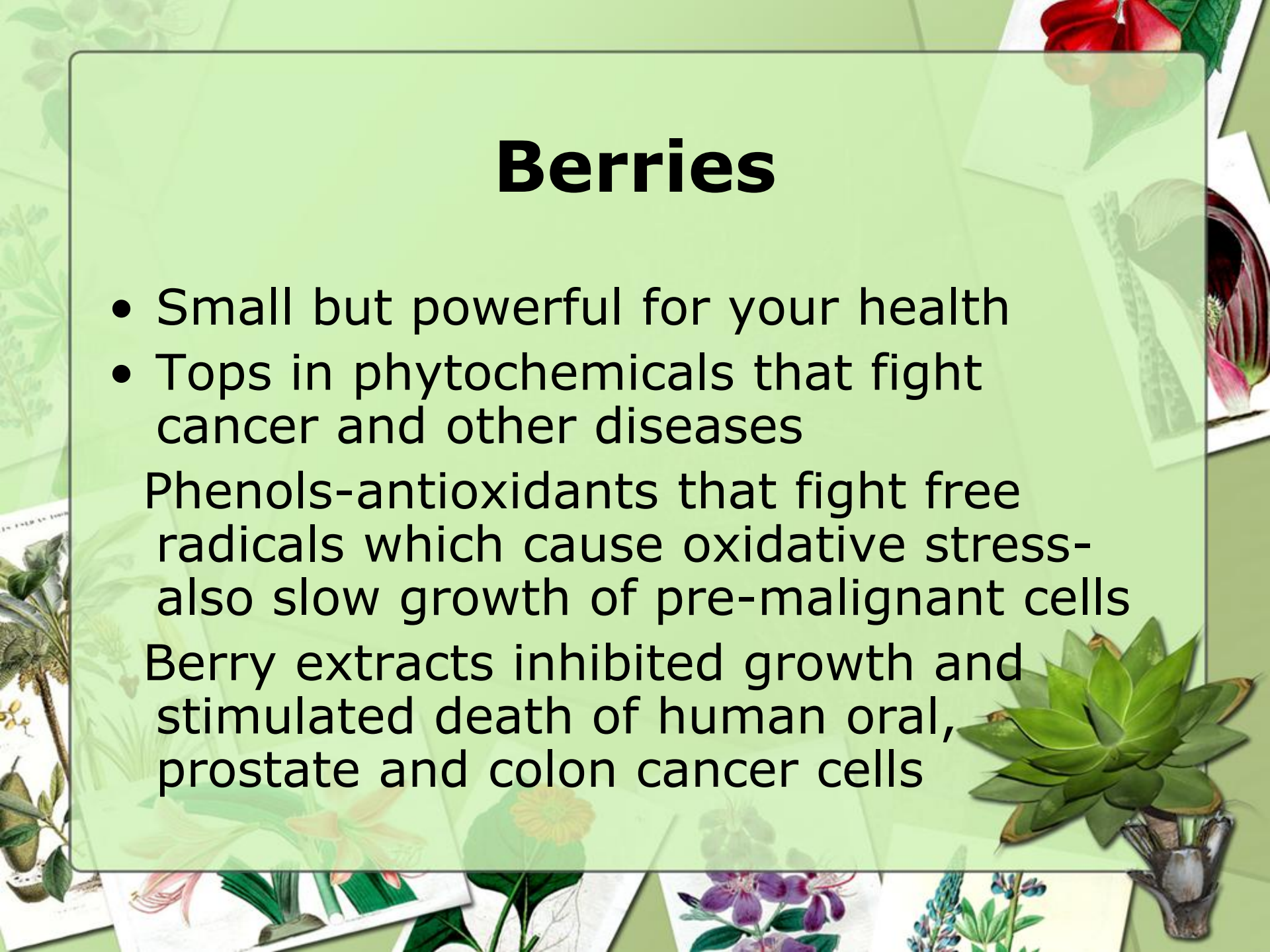


Berries

- Small but powerful for your health
- Tops in phytochemicals that fight cancer and other diseases

Phenols-antioxidants that fight free radicals which cause oxidative stress- also slow growth of pre-malignant cells

Berry extracts inhibited growth and stimulated death of human oral, prostate and colon cancer cells



Fresh Herbs

- Among easiest of plants to grown
- Packed with nutrients
- Add amazing flavor!
- Use 2 or 3 times quantity when subbing for dried herbs
- Robust herbs (sage, marjoram, oregano) retain flavor even if cooked long time
- Fine herbs (basil, tarragon, dill) more delicate-add just before serving



How many berries are needed?

- 3-4 half cup servings or 2 cups per week offers protection
- Eat as they are or combine with whole grains, salad greens, fish and poultry, add to smoothies
- Wash just before using, last 3-5 days in refrigerator or freeze

The Great Grilling Debate

- Dangers of grilling: formation of HCAs (heterocyclic amines) and PAHs (polycyclic aromatic hydrocarbons)
- HCAs linked to higher risk of breast, colon, stomach and prostate cancers-mainly animal studies

Safe Summer Grilling

- Don't grill over open flame or let meat catch on fire and burn
- Indoor grilling may be less risky
- Marinate foods-reduces HCAs formed by 92-99%
- Precook in oven or microwave to limit grill time
- Rotisserie can help cook foods more evenly with less charring

Safe Summer Grilling

- Grill smaller pieces such as kabobs to limit grill time
- Use drip pan to catch dripping fat and prevent flare-up
- Flip food frequently (once per minute)
- Trim fat before cooking
- Remove charred or burnt pieces before serving

Grilling

- Choose lean cuts of meat-round, sirloin, loin, flat iron, ranch, petite tender
- Marinate in salsa, low-calorie salad dressing, wine, citrus juices



Grilling fruits

- Firm ripe fruit basted with cooking spray or melted margarine-sprinkle with cinnamon, brown sugar or ginger-grill until hot or golden brown (4 to 10 min)
- Apples, apricots, cantaloupe, nectarines, peaches, pears
- Bananas, oranges, tangerines, pineapple in their skins



Grilling Vegetables

- Firm, ripe veggies-skewer if small-baste and season with herbs and flavorings such as soy sauce, white wine, flavored vinegars or marinades—grill until hot, tender and golden brown
- Bell peppers, eggplant, mushrooms, onion, summer squash, tomatoes, corn (can do in husk)
- Pre-cook artichokes, carrots, potatoes and sweet potatoes

Eating to Fight Sun Damage to Skin

- Reducing fat in the diet may have strong impact on cancer development and reoccurrence
- Balanced diet with lots of different fruits and vegetables can bolster immune system and protect against skin cancer



Summer salads

- Don't let added fat of dressings destroy healthy fruit or veggie based salad
- Add veggies
- Use oil-based dressing when possible (vinaigrette)
- Sub plain yogurt or nonfat sour cream for mayo in potato salad, coleslaw or chicken salad (Smart Beat mayo)

No-Sweat Summer Meals

- No cooking required!
- Med Pasta: leftover pasta, cherry tomatoes, other fresh or leftover veggies, sliced olives-toss with oil-based dressing-add parm cheese
- Asian Noodle Bowl: To leftover cooked noodles add shredded cabbage, sliced radishes, cubed tofu, minced garlic and ginger-toss with few drops of canola oil and soy sauce-garnish with peanuts

No Sweat Summer Meals

- Middle-East Grain Bowl: Add diced tomatoes, shredded carrots, raisins, nuts to leftover couscous or brown rice-season with onion, splash of balsamic, few drops of olive oil-garnish with fresh mint
- Add low fat mayo or plain yogurt to leftover cooked chicken, add celery, red bell pepper, red grapes and curry powder-serve in a tomato or on whole grain bread with fresh spinach

No Sweat Summer Meals

- Canned salmon as a spread or made into patties and browned in skillet
- Cottage cheese with added veggies or served with fruit and whole grain crackers or bread
- Gazpacho-in blender combine tomatoes, cucumbers, onions, bell peppers and garlic-pulse until chunky-season with lime, olive oil, salt and pepper-serve chilled

New and Healthful Picnic Fare

- Expand on salads to include brown rice, bulgur, couscous—toss in chickpeas or other beans for fiber
- Add colorful peppers, cherry or grape tomatoes, summer squash to potato or pasta salads
- Add fruit to chicken and green salad—grapes, apricots, peaches, pineapple, mango, papaya

New Picnic Ideas

- Get creative with sandwiches-use French bread, whole grain pita bread, WW tortillas, focaccia bread
- Make fruit spritzers using fruit juices and chilled soda water or combine lemonade and iced tea or lemonade with cranberry juice
- Water is BEST-add fruit slice for flavor

Picnic Foods

- Instead of fried chicken, make oven-baked chicken
- For burgers, use lean ground beef-add texture and flavor by adding chopped mushrooms, peppers, onion, water chestnuts, sun-dried tomatoes-lower calories, more nutrients-serve with lettuce, tomato-serve with whole grain bread or bun

Cool Fruit Smoothies

- Good for breakfast, lunch or snack
- Helps meet recommended daily fruit servings
- Choose 2 of your favorite fruits-add yogurt, milk, soy milk, or juice and ice-blend until smooth!
- Additions: wheat germ, flax meal, toasted nuts, nonfat dry milk powder

Summer Food Safety

- Bacteria thrive in warm, moist food surroundings such as mayo-based dressings, creamed dishes, milk, cottage cheese, eggs, raw or cooked meats
- Danger zone for rapid bacterial growth is between 45 and 140 degrees F

Summer Food Safety

- Thaw meats, poultry and fish in refrigerator or microwave oven or under cold water—not on counter top!
- Wash hands, utensils, cutting boards and countertops with hot soapy water

Summer Food Safety

- Don't leave perishable groceries in your car- refrigerate as soon as possible
- Keep refrigerator temp between 35 and 40 degrees F and freezer at 0 F or below (avoid opening doors unnecessarily)
- Make sure when transporting picnic food it is well chilled beforehand and during transport and sitting time
- Discard leftovers unless food can be refrigerated within one hour

Questions??

Other ideas to share on this topic??

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