



HEALTH & WELLNESS

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Have a Healthy Cookout!

Summertime is filled with plenty of opportunities to spend time with family and friends. Often, these gatherings are centered around food. These are perfect opportunities to try new, nutritious foods. Try these tips to enjoy a healthier summer barbecue.

- 1) Swap your side dishes.** Add a vegetable dish such as grilled veggie shish-kebabs (recipe to the right!) or a fruit salad. Fill half your plate with produce first, and then add other foods to ensure you're getting all the nutrients you need.
- 2) Avoid food poisoning.** Follow the tips below from the National Council on Aging to make sure your meats are fully cooked.

GRILLIN' like a...

P = Place the Thermometer!
Place the food thermometer into the **thickest** part of the meat.

| | | |
|-------------------------|--|-------------|
| 145 °F w/ 3 MIN REST | | STEAKS |
| 145 °F w/ 3 MIN REST | | PORK CHOPS |
| 165 °F | | CHICKEN |
| 160 °F | | GROUND BEEF |

R = Read the Temp!
Wait about 10-20 secs for the temperature to be accurately displayed. Foods must reach the safe internal temps listed here for safety.

O = Off the Grill!
Once the meat is at a safe temperature, take it off the grill.

Put cooked food on a **CLEAN PLATE**

Grilled Vegetable Shish Kebobs

Ingredients:

- 1/2 cup of your favorite marinade or Italian dressing
- 1 pkg. wooden skewers
- 1 red onion
- 1 red bell pepper
- 1 cup cherry tomatoes
- 1 zucchini
- 1 yellow squash
- 8 oz. mushrooms
- *feel free to add any other veggies you love!

1. Chop vegetables into chunks.
2. Toss all vegetables with the marinade and let rest for 30 minutes.
3. Drain vegetables of excess marinade and arrange on skewers.
4. Grill over medium-high flame for 10 minutes or until done.

- 3) **Create healthier versions of your favorite foods.** Try making potato salad with plain Greek yogurt instead of mayo. Buy lean hamburger meat and whole-grain buns.


- 4) **Control portion sizes when indulging.** You don't have to skip your favorite foods— balance is key! Instead of an all-or-nothing approach, teach yourself to savor a small amount of the less-nutritious foods you love.

- 5) **Don't over-cook your foods.** When foods are burnt, they contain more cancer-causing carcinogens. A little browning is fine, just don't over-do it!






Blueberries are packed with antioxidants, which help protect against cancer and other diseases. Celebrate National Blueberry Month by incorporating this delicious fruit into your favorite recipes. Blueberries are in season right now, which makes them a bargain buy this time of year. A few ways to reach blueberry bliss:

1. **Oatmeal** Top your favorite oatmeal with a handful of fresh blueberries, or stir frozen blueberries in before cooking.
2. **Smoothies** Add blueberries to any smoothie for a boost of flavor and nutrition.
3. **Toast** Spread whole grain toast with a layer of peanut butter and top with blueberries and other fruit you love. 
4. **Pancakes** Stir fresh or frozen blueberries into your pancake (or muffin!) batter before cooking. Add a little lemon juice for a tangy twist.
5. **Yogurt** Mix blueberries into plain yogurt for extra sweetness. Try Greek Yogurt for 2x the protein of the traditional style.



Not only is July National Blueberry Month, it is also National Culinary Arts Month. With so many food-related holidays to celebrate, why not take this as an opportunity to enhance your cooking skills? Here are some tips to help you embrace the beauty of culinary arts:

- ◆ Use colorful garnishes
- ◆ Involve friends and family
- ◆ Grill or eat outside once a week
- ◆ Include a variety of foods for a rainbow plate 
- ◆ Cook with a new spice
- ◆ Purchase a fruit or vegetable that you've never eaten before
- ◆ Bake a blueberry pie— use less sugar and try a whole-grain crust
- ◆ Eat fresh produce from your garden or local farmer's market
- ◆ Notice how you feel when you cook at home vs. eat out

