

MedwellNews

JUNE 2016 – ISSUE NO. 10



THE GOODNESS OF GRILLING

Summer time is here. It's time to light the grill and get to grilling! Grilling is a wonderful way to enjoy foods – it's easy clean-up and delicious. When we grill, we must do it properly as improper grilling can be bad for our health. Grilling improperly can lead to the production of heterocyclic amines (HCAs), and polycyclic aromatic hydrocarbons (PAHs); both known to be cancer causing compounds.

HCAs are formed when meats, poultry, and fish are cooked at very high temperatures.

PAHs are formed when animal tissue fat from meat, poultry, and fish drip onto the hot coals.

The good news... They both can be minimized with proper grilling techniques.

Healthy Grilling Tips

1. Marinate meat before grilling.
2. Trim the fat. Lean and trimmed meat have less fat to drip on the hot coals.
3. Pre-cook meat and fish and then finish them on the grill.
4. Keep meat portions thin to reduce the time on the grill.
5. Avoid letting drips hit the hot coals. Cover the grill with punctured aluminum foil and keep a water bottle handy to control flare-ups.
6. Flip food frequently. Cooking at a lower temperature and turning often allows for faster cooking.
7. Remove charred and burnt portions of foods before eating.
8. Grill fruits and vegetables, they do not form PAHs on the barbeque.

RECIPE ♀ THE MONTH



Beer Steak Marinade

You'll Need

- 1/8 cup soy sauce
- 1 cup dark beer
- 2 tablespoons brown sugar
- 2 teaspoons molasses
- 1 tablespoon fresh grated ginger
- 1/4 teaspoon cayenne

Directions:

- Combine marinade ingredients in shallow bowl and add sirloin. Cover and refrigerate for at least 1 hour or up to 24 hours.

Play With Your Food:

- Use a teaspoon of powdered ginger if fresh is not available.

WELLNESS NEWS OF THE WEIRD



Ever wonder what the most popular grilling holidays in America are? Most of us will probably think Memorial Day! Here's the breakdown for you:

July 4th (71 percent), Memorial Day (57 percent), and Labor Day (55 percent)

IT'S ALL ABOUT PORTIONS

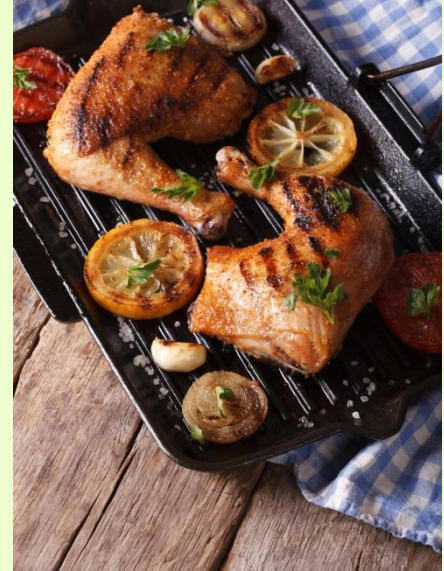
We all know BBQ foods are scrumptious! When they are done right, they can be healthy too! Another key to enjoying grilled foods is to practice portion control. Use these strategies to help you control consumption of the fabulous foods and drinks at the next BBQ you attend or host.

Use these strategies to help with slowing down the eating pace:

- Try to always be the last one done at the table.
- Create pauses between bites. If there's food in your mouth, place the fork or the hand-held food on the plate. Enjoy the food in your mouth, then pick up the fork and have another bite.
- If you recognize that when you are really hungry, you tend start to eat fast, pause, take a break, and reset the pace for the rest of the meal.
- As much as possible always sit down when you eat as this makes the act of eating more mindful.

TABLE GRILLS

Are you unable to have an outdoor grill where you live? Or is grilling outside just not your thing? Table grills are a nice alternative and can be a great addition to your kitchen appliances (even if you do have an outdoor grill). You can grill anything from chicken to veggies and have a meal ready in a short amount of time. By utilizing these unique kitchen gadgets, it will keep us eating in the home more often which is a great thing.



ASK WILL

I would like to eat a diet that can work prevent heart disease. Can shrimp be a part of this diet?

Shrimp contains approximately 220 milligrams of cholesterol for a 4-ounce serving. However, even though it is a seafood that is higher in cholesterol, we need to examine shrimp from a broader perspective. Recent research studies show some great qualities of the fat profile found in shrimp. One of these is shrimp's omega-3 fat content as four ounces of shrimp contains at least 325 milligrams of omega-3 fatty acids.

Since an overall healthy diet that is rich in omega-3 fatty acids are associated with decreased risk of chronic diseases such as heart disease, and type 2 diabetes—this aspect of shrimp's fat content is a big plus.

In addition, recent studies demonstrate that shrimp also contains the fats clonasterol and campesterol. These fats function as anti-inflammatory molecules and



are associated with decreased levels of LDL-cholesterol (the bad cholesterol).

So it seems having portion-controlled amounts of shrimp as a component of an over-all healthy diet can indeed be a beneficial thing to our health and wellness.



HAVE A QUESTION?

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