



## Healthy Ways to Sizzle Your Food

Summer is the time for sun, fun, relaxation and BBQ's. Follow these tricks to keep your BBQ healthy and prevent production of carcinogens, which are substances that may increase your risk for cancer.

### 6 Tricks to Reduce Carcinogen Formation:

1. **Marinate your meat** to decrease the formation of carcinogens and to create a tasty flavor. Just 30 minutes is effective.
2. **Cut it up.** Small pieces of meat will cook faster, thus spending less time on the grill. You can also trim the fat before cooking.
3. **Grill, don't char.** Burning your meat increases carcinogen formation, so cut off any burnt parts. Cook until medium, not well done.
4. **Lower the temperature.** If you have a gas grill, you can lower the flame to prevent burning.
5. **Scrub the grill** after use to prevent buildup of harmful chemicals that can be transferred to food at your next BBQ.
6. **Make good choices.** Grilled veggies do not become carcinogen-laden when burnt because of their low protein content, so fill up on delicious veggies, like corn and asparagus. Enjoy fish, which contains less fat and cooks faster than meat.

## Empowered BBQ Eating

Don't let BBQ season ruin your hard work to stay slim and trim for the summer. Follow these tips to empower yourself at your next BBQ.

### 5 Tips to Stay Slim This Summer at BBQ's:

1. Start with crudité's- dip in guacamole, hummus or a Greek yogurt dip.
2. Opt for a whole grain bun and throw out the top (or bottom). Top with a piece of lettuce instead. The inside is the best part anyways!
3. Choose lean sources of protein, such as chicken without the skin and fish. Limit processed meats, such as bacon, sausage and hot dogs.
4. Skip potatoes and low fiber, starchy sides. Fill up on non-starchy grilled veggies— they are tasty, high in antioxidants and fiber, and low in calories.
5. Grill your dessert! Try this juicy grilled pear recipe for a sweet, yet light desert instead of sugary, high fat alternatives.

**Be part of a Nutrition Counseling research study!** Is your weight more than expected for your height and age? Are you between 9-17 years of age? Do you want to lose weight and learn how to eat healthier? Contact Vanessa Wissing at 718-920-7394 or [vwissing@montefiore.org](mailto:vwissing@montefiore.org)

### Ask Endo-Nutrition

Send your questions to [alkaplan@montefiore.org](mailto:alkaplan@montefiore.org) and look out for answers in next months issue!



### Grilled Peaches

#### Ingredients

Peaches, halved with pits removed  
Honey to drizzle  
Cinnamon to sprinkle

#### Instructions

1. Heat grill to ~350 degrees Fahrenheit.
2. Place peaches on grill flesh side down for ~4-5 minutes or until grill marks appear.
3. Flip for another ~4-5 minutes or until grill marks appear.
4. Remove and drizzle with honey and sprinkle with cinnamon.
5. Top with sprinkled walnuts (optional).
6. Serve warm and enjoy!

### Our Nutritionists

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