
You are invited to attend an event for National Employee Health and Fitness Day (in your honor!) Come learn about healthy living--have your blood pressure checked, have a chair massage, take a fitness assessment, see how to use home exercise equipment, gather cancer and diabetes prevention information and have a healthy snack! It all happens on **May 21 in the Great Hall of the Memorial Union between 11 AM and 1:30 PM!** (please print the attached flier and post in your work place to invite your co-workers!)



Today was **National Bike to Work Day** coming at the end of **National Bike to Work Week**. Three cheers for all that rode their bikes (or walked) to work today! If you missed it (sorry about the LATE notice!) it's not too late! You can bike in to work on any day and make it your own personal "Bike to Work" day(s)! Think of the **many benefits**: working exercise into your day, saving BIG money on gas, help curb global warming pollution, seeing the beauty of Ames and the campus from a different perspective. And the same holds true for those walking! (Another plus is that if you are too tired to walk home- you can take Cy-Ride back home from campus for free!)



Spring and summer brings the opportunity for grilling outdoors! Does your meat/animal food consumption greatly increase for this season? Grilling can be a healthy cooking technique since it allows fat to escape. However, be aware that harmful compounds can develop during the grilling process. It is clear that grilling animal products (both red and white meat) causes potent carcinogens called heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs) to arise within food. These substances have been shown in laboratory experiments to trigger the cancer process. The American Institute for Cancer Research (AICR) report concluded that there is limited but suggestive evidence that these substances factor in human cancer, providing one more reason to **limit** consumption of red and processed meat, however it is cooked. Here is what AICR Nutrition Advisor Karen Collins, MS, RD says about grilling:

"There *are* risks associated with the grilling process, and it makes sense to take precautions to reduce those risks. But keep an eye on the big picture: the evidence is now overwhelming that red meat – especially processed red meats like hot dogs – is a cause of colorectal cancer. So instead of seeing cookout season as incentive to eat more of these foods, look on it as an opportunity to try new things." What might some of those new things be? Think beyond meat! Veggies and fruits are wonderful on the grill.

Read the AICR updated warning on grilling here:

http://www.aicr.org/site/News2?abbr=pr_&page=NewsArticle&id=13394&news_iv_ctrl=1102

Try throwing these naturally flavorful foods on the grill for a no-hassle and no-recipe vegetarian barbeque:

- o **pineapple rings**(sprinkle with cinnamon and sugar)
- o **portobello mushrooms** (brush with oil and serve like a veggie burger with all the condiments) **These taste meaty like a burger!!**
- o **sweet potatoes or yams** (wrap in foil, or, slice in half, pre-bake, brush with maple syrup for extra sweetness and grill)
- o **asparagus** (soak in water for at least 30 minutes before grilling)
- o **corn on the cob**
- o Stir-fry **various veggies** in olive oil in a pan on the grill
- o Balsamic barbequed **beets** <http://vegetarian.about.com/od/vegetarianbarbecuerecipes/r/bbqbeets.htm>

Other Related: [Vegetarian and Vegan Barbecue Recipes](#)

Add **grilled veggies** to a green salad or toss your grilled veggies with **pre-cooked pasta and canned beans** for a main dish or serve inside of scooped out French bread with some cheese for a **grilled veggie sandwich**.

Try some **extra firm tofu** along with smaller veggies such as Brussels sprouts and mushrooms, works well on a skewer- just be sure to turn the skewers frequently so all sides are evenly cooked.

[Sweet and Spicy BBQ Tofu](#)

As always, the message is **moderation** both in portion size (**think of the palm of your hand or a deck of cards**) and in the frequency of consuming grilled foods.

The good news is that spring and summer also bring many opportunities for increasing your consumption of colorful and healthy fruits and veggies!

Check out some of these ideas with spring produce!

<http://newsletters.eatingwell.com/members/ViewMailing.aspx?MailingID=114599>

<http://www.cookinglight.com/cooking/search/results/1,14413,recipes,00.html?query=spring+vegetables>

<http://allrecipes.com/Recipes/Everyday-Cooking/Spring/Main.aspx>

See the Top 10 reasons to eat your fruits and veggies here: http://www.fruitsandveggiesmorematters.org/?page_id=1477

I hope you enjoy the beautiful weekend and I hope to see you next Wednesday at the event at Memorial Union!

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