



I hope your summer is going well—it's going by quickly, that's for sure! Soon fresh produce will be at its peak! Studies suggest that a vegetable-rich diet with as many as 10 servings a day may help prevent cancer, heart disease, stroke and high blood pressure, and it's also a smart weight-loss strategy. Most vegetables and fruits are low in calories and packed with antioxidants, vitamins, minerals and other key nutrients. **Adding fruits and vegetables can be an easy way to have a significant positive impact on your health—and they taste good at this time of year! They are well worth their cost for the nutrients they provide!**

Learn more about the health benefits of summer produce and how to prepare it at the student led **July 10 lunch-and-learn** (offered twice during the lunch hour due to shorter summer lunches!) See attached flier for location and details. Please let me know if you'd like to reserve a seat!

Looking for some **healthy picnic fare** as the holiday weekend approaches? Think fresh produce! How about an easy fruit salad for breakfast or your picnic—aim to get as many colors into the bowl as you can! Vegetables can be offered raw on a relish tray with low-fat dip, in a salad, or grilled on kabobs or on the side. (Try asparagus, zucchini or eggplant-marinade them first for extra flavor!) Consider oil-based dressings rather than creamy ones for your salads or use a combination of plain yogurt and low-calorie mayo rather than all regular mayonnaise. Serve juicy watermelon at the end of the meal or a dessert that includes fresh fruit.

Many people may not think of fish when planning a cookout, but it is actually very easy and flavorful to cook on the grill. In addition to being high in protein and low in fat, fish is an excellent source of **omega-3 fatty acids** — nutrients that act as a **natural anti-inflammatory agent**. Consider salmon patties over traditional beef patties (see attached recipe) or prepare a salmon fillet with an easy dry rub to feed a group. Check out this spicy sweet one <http://www.recipezaar.com/201657>

For grilling, consider **leaner cuts** such as ground sirloin, pork tenderloin, or skinless chicken breasts (especially flavorful when marinated) as alternatives to those foods higher in saturated fat such as hot dogs or bratwurst. Have you seen the **turkey brats** (all the same spices but less fat) or "**bratos**" made with part pork and part soy (tofu)? (product made by Wildwood Harvest in Grinnell, IA and available at HY-Vee in Ames). By taste, the highest Consumer Reports rated lower fat hot dog was Hebrew National's Kosher Reduced Fat Franks. Consumer Reports ranked Boar's Head Lite Skinless Beef franks right after Hebrew National's. Each of the 1.6-ounce franks had just 90 calories and 6 fat grams. Plus they contained the least sodium (270 milligrams) of all the hot dogs rated in their "very good" category. OR for the holiday enjoy just one of your **favorite** hot dogs fixed just how you like it!

How to build a **leaner burger**? Start with "lean" ground meat—less than 10 grams of fat and 4.5 grams of saturated fat per 3 ounce serving. Anything labeled 90% or leaner is an acceptable option but the leaner the better in terms of heart health. Consider other meats besides beef including turkey, buffalo or bison. Adding a leaner, neutral tasting meat such as turkey to a fattier cut reduces the saturated fat and cholesterol. Add onions and peppers for flavor and moisture. How

about a soy-based burger? Check out this **Tropical Salsa Burger** made with a soy protein burger (14 grams of protein with only 3 grams of fat, 1 gm of sat fat, no trans fat and 4.5 grams of fiber) http://www.bocaburger.com/main.aspx?s=recipe&m=recipe/knet_recipe_display&recipe_id=60838 **One rule of thumb to follow when selecting meat or fish portions is not to exceed the size of the palm of your hand or a deck of cards.**

Fried Chicken is a favorite but can be made in a healthier way http://www.eatingwell.com/recipes/oven_fried_chicken.html What could be easier than some **roasted potatoes** on the side http://www.eatingwell.com/recipes/salt_vinegar_potatoes.html Here's a **creamy but lower calorie potato salad** <http://www.cooking.com/recipes/static/recipe4335.htm?ref=cknw06681> or try one with an **oil-based dressing** <http://www.epicurious.com/recipes/food/views/FRENCH-POTATO-SALAD-101986> Check out this unique **Three Bean Salad** recipe http://www.eatingwell.com/recipes/three_bean_salad.html?utm_source=EWDNL Or this **Southwestern Corn and Black Bean Salad** http://www.eatingwell.com/recipes/sw_corn_black_bean.html And here's a **coleslaw with a lighter dressing** http://www.eatingwell.com/recipes/backyard_coleslaw.html

With all of the recent food borne illness in the news, food safety is becoming an important topic. Keep **cold foods cold** (under 40 degrees-out dishes on ice when serving) and **hot foods hot** (over 140 degrees). **Don't let perishable food sit out for longer than 2 hours.** Be careful with raw meat and poultry juices and wash all fresh fruits and veggies before serving. See additional tips here <http://www.cfsan.fda.gov/~dms/fssummer.html>

Stay active!! Celebrate a healthy 4th of July with a neighborhood/family run or walk. Get some yard games going— croquet, volleyball or badminton, bocce ball, lawn darts or horseshoes, or basketball on the driveway. Ride your bike to the parade or plan a group ride.

Check out the attached newsletter.
Enjoy summer and the upcoming holiday weekend!

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