



Summer may not officially be here but the weather is warm and the kids are getting out of school so it must be time for grilling and picnics!

If you want to add flavor to your grill items, consider marinades, brines or rubs. Read more about them here: <http://allrecipes.com/advice/coll/summer/grilling/marinades.asp> .

Remember there are other things to grill besides meat and poultry. Try some fish or grilled vegetables (these can be done on skewers, wrapped in foil or just thrown on the grill) Like roasting in the oven, grilling caramelizes the natural sugars in the vegetables and gives them a very unique and delicious smoky flavor! Get some ideas here:

<http://allrecipes.com/advice/coll/summer/grilling/vegetables.asp>

The American Heart Association recommends at least 2 servings of fish a week. Grilled salmon and trout are wonderful on the grill and you might even stretch yourself to try seafood such as shrimp or scallops on the grill. Here's an intriguing recipe for Mexican Fish Packets that can be done with any kind of fish

[http://busycooks.about.com/od/fullmealrecipes/r/mexicanfishpack\\_p.htm](http://busycooks.about.com/od/fullmealrecipes/r/mexicanfishpack_p.htm). You can also use your grill to make healthy main dish salads for warm summer nights. Here's a recipe for Grilled Garlic Steak Salad that includes dark greens, grilled veggies and lean meat.

[http://busycooks.about.com/od/maindishbeefporksalads/r/grillsteaksalad\\_p.htm](http://busycooks.about.com/od/maindishbeefporksalads/r/grillsteaksalad_p.htm) Add whole grain bread or crackers and you have a complete meal!

Looking for a way to add more veggies to your eating? My Pyramid suggest we have at least 1.5 cups of fruit daily and at least 2.5 cups of vegetables (depends on your calorie level determined by your age, gender and activity level—see [www.mypyramid.gov](http://www.mypyramid.gov)) Attached is a recipe for “Veggie Crunch” with 7 different vegetables that is a cinch to make (no cooking needed) It's a low calorie, refreshing side dish or snack for warm weather. Also, attached is a yummy salad with one of the most nutritious vegetables out there, broccoli. Broccoli is an excellent source of vitamins A and C, folate and fiber and is believed to be protective against both cancer and heart disease. This salad also contains fruit and nuts and has a lower calorie dressing. It's easy to put together and delicious! Here's a few more healthy tips for outdoor eating and picnics.

<http://recipetoday.com/resources/articles/eatingoutdoors.htm>

We all need to drink more with the warm weather to prevent dehydration. The Institute of medicine recommends 3 liters of fluid (or about 13 cups) daily for men and 2.2 liters (about 9 cups) daily for women. Food generally provides about 20% of our fluid needs. However, exact fluid needs vary based on age, metabolism, activity and diet. Just recently some guidelines were released by the Beverage Guidance Panel (see American Journal of Clinical Nutrition volume 83, 2006) on what types of beverages we should be drinking. It seems we are consuming too many calorie-laden beverages and this is contributing to weight gain. Liquid calories do not provide satiety value and so we tend to still eat the same volume of food after consuming them. Many of these beverages offer little or no nutrients to our bodies (soft drinks, fruit drinks, sports drinks, coffee drinks and alcoholic beverages). My Pyramid ([www.mypyramid.gov](http://www.mypyramid.gov)) indicates we all have limited numbers of discretionary calories. (for many only 100-300 calories/day) These calories come from the “extras” such as fats, added sugars and alcohol that do not fit into the other food groups and generally provide only energy and few if any nutrients. The Beverage Guidance Panel's advice is for a total of 12 cups with each serving being 8 ounces. They recommend: 0-1

serving of soft drinks or fruit juices, 0-1 serving of 100% fruit juice, sports drink or alcoholic beverages, 0-4 servings of diet drinks (0 calories), 0-2 serving of 1% or non fat milk or unsweetened, fortified soy milk), 0-5 servings of unsweetened coffee or tea and 2-6 servings of water. This adds up to a total of 200-300 calories from beverages. Currently the average calorie intake from beverages is 400 calories daily so there is a need to cut back, ideally to 200 calories or less per day. It's best to focus on those beverages that will add nutrients to our intake. It can make for tough decisions when there are so many tasty options out there with high calorie levels! A large (32 oz.) MacDonald's Chocolate triple Thick Shake has 1160 calories! A tall (12 oz.) Starbucks Coffee Frappuccino weighs in at 190 calories. A 20 ounce bottle of most regular soft drinks is about 250 calories. An 8 ounce glass of nonfat (skim) milk is a "good deal" at only 86 calories with the protein, vitamin, A, vitamin D and calcium it supplies!

Don't let warmer weather restrain you from staying active! Move your outdoor exercise to a cooler period of the day, consider water sports or move indoors. Here are some tips to keep in mind for walks in hot weather <http://walking.about.com/od/medhot/a/staycool.htm>.

Enjoy your soon to be summer weekend!

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