

JULY
2013

HEALTHY COLUMBUS

BROUGHT TO
YOU BY:

THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR
DEPARTMENT OF
HUMAN RESOURCES

healthy **COLUMBUS**
CITY EMPLOYEE WELLNESS PROGRAM

FRESH **FOOD**
PERSPECTIVE



SUMMER EATING: HEALTHY GRILLING

Grilling season is here! Summer is the time for backyard BBQ's and family cookouts. But beware - what you grill and how you grill can be putting your health at risk.

Red and processed meats (think hamburgers and hotdogs) increase risk for certain cancers, especially colon. And that **blackening and charring** we love so much? This creates carcinogens (cancer-causing substances) known as HCAs and PCAs.

- **Heterocyclic amines (HCAs)**
Formed when meat (even chicken and fish) is cooked at high temperatures
- **Polycyclic amines (PCAs)**
Formed when fat from meat drips onto the coals and then gets re-deposited back through smoke and flare-ups

However, don't put away that grill just yet. A few small changes can greatly reduce the risks associated with traditional grilling. Keep your summer grilling safe by following Healthy Grilling Guidelines found on the next page.

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July Healthy Eating Programs

July 16

Grocery Store Tour:
Eating on the Go

Giant Eagle Market District
(Upper Arlington), 11-11:45am

July 25

Healthy Eating Seminar:
*Let Food be thy Medicine-
Exploring the health benefits of
foods & phytonutrients*

Columbus Public Health
(240 Parsons Ave), 12-1pm

Registration is required for both events.
Contact (614) 645-8049 or
slwade@columbus.gov to sign up.

Get the scoop on the new e-mail
Forums and other exciting
additions to the Healthy Columbus
Nutrition Program on page 2.



SUMMER EATING CONTINUED: HEALTHY GRILLING GUIDELINES*

1. Get the Red (Meat) Out - Add Other Colors

Meats pose the greatest risk of producing HCAs when grilled. Try grilling marinated vegetables on skewers or making a veggie pack wrapped in foil. Grilled fruit also makes a sweet, healthy dessert!

2. Partially Pre-cook

Pre-cook meat, fish and poultry in the oven or microwave to reduce time spent on the grill. Once partially cooked, transfer to the grill for flavor.

3. Fix the Drips

Avoid letting juices drip onto the flames or coals, causing smoke and flare-ups. Use a spatula or tongs, instead of a piercing fork, and try cooking meats on aluminum foil so drippings don't fall on the coals.



4. Marinate the Meat

Marinating meats has been shown to reduce the formation of HCAs by up to 92 to 99 percent! Even just 30 minutes of marinating makes a difference. Evidence points to acids in marinades (i.e. vinegar and citrus) as being the most effective, but herbs and spices seem to help too.

5. Go Slow and Low

Cooking meat at a lower temperature and turning it often helps prevent formation of cancer-causing carcinogens.

6. Trim the Fat

The less fat to drip into the flames, the less PCAs created. Choose lean cuts of meat and trim the skin from poultry. Avoid high-fat meats such as ribs and sausages.

*GUIDELINES ADAPTED FROM THE AMERICAN INSTITUTE FOR CANCER RESEARCH

NEWS & ANNOUNCEMENTS

In an ongoing effort to improve our Healthy Columbus Nutrition Program we have made some program changes to bring you more accessible nutrition information.

Topic Specific Forums: These forums are designed to help you stay on top of the latest research findings and provide more in-depth knowledge for nutrition topics of interest to you.

- Each forum will cover a different area of nutrition, and subscribers will receive monthly emails with up-to-date news briefs and information. Subscribers will also get the opportunity to correspond directly with the RD on a limited basis each month to ask questions or request additional information.
- Initial forum topics include:
 - **Cancer**
 - **Diabetes**
 - **Nutrition for Moms on the Go** (This forum is open to all and will include information on child nutrition as well as cooking tips, recipes, etc)
- Please contact aharris@freshfoodfreshperspective.com to subscribe. Employees may sign-up for multiple forums.

Nutrition Seminars: Stay tuned for more information about changes to the 2013 Nutrition Seminar schedule and the availability of webinars.

ASK THE RD

Welcome to Ask the RD - a monthly column dedicated to answering the questions you have about food, nutrition, cooking and health.

Each month 1-2 questions submitted by Columbus City employees will be selected and addressed by a Registered Dietitian. All questions will be posted anonymously and private responses will be sent to initial questions not selected.

Employees will be limited to submission of one question per month to be answered by the RD.

For more information or to submit a question, please contact aharris@freshfoodfreshperspective.com.

Hello everyone,

I am excited to be working with Healthy Columbus to help implement Nutrition Programs for the city employees!

I have already enjoyed fielding great questions at our May and June classes and seminars. I am looking forward to getting the opportunity to hear more and get to know you all better as the year goes on.

For those of you unable to attend the seminars (or for those of you who don't want to ask your questions in front of a room full of people), this is the perfect place to ask away. As a reminder, all questions and answers are kept confidential and responses are only sent to the individual asking the questions.

I hope to hear from you all soon!

Ashley



Ashley Harris, MS, RD, LD
Fresh Food Fresh Perspective
Registered Dietitian

Ashley has a Masters Degree in Human Nutrition from The Ohio State University and a strong background in Oncology Nutrition. She is passionate about providing educating on the healing powers of food and on how to make nutritious eating part of everyday life by choosing simple, healthy foods that are both tasty and affordable.

TIP CORNER: MAKING FLAVORED WATER

Stay hydrated and refreshed this summer by adding fresh fruits & herbs to your water. These natural flavors provide sweetness without the high sugar & calories found in soda & juice.

- To make: Add several slices of fruit or a handful of herbs to a Mason jar or glass container. Fill with water & ice.



- Wash fruits & herbs well to remove dirt and bacteria. Flavored waters can be stored in the refrigerator for up to 24 hours

- **Fruit:**

Most fruits work well, especially citrus, berries, melons and cucumbers. For best results try:

- citrus - sliced and squeezed
- cucumber and melon - sliced
- berries - muddled

- **Herbs:**

Any herbs taste great. Try mint, basil, lemongrass, sage, lavender, tarragon and thyme. For best results chop or crush herbs.

- **Some Favorite Combos:**

- | | |
|---------------------|-------------------|
| Cucumber/Mint | Blackberry/Sage |
| Lemon/Lavender | Raspberry/Lime |
| Orange/Lime/Lemon | Strawberry/Thyme |
| Ginger/Lime | Pineapple/Mint |
| Cucumber/Rosemary | Cantaloupe /Basil |
| Watermelon/Rosemary | Orange/Lemongrass |

TIMES 4: PERFECT SUMMER SALADS

FOUR IDEAS FOR EASY & DELICIOUS PICNIC DISHES

1. Greek Yogurt BBQ Chicken Pasta Salad

(Adapted from www.ouceuponacuttingboard.com)

This protein packed pasta is full of whole grains and veggies, but people will be clamoring for seconds with its rich and creamy BBQ flavor.

To make: Combine 1 tsp hot sauce, 1/4 tsp garlic powder, 2 tsp chili powder, 1 Tbs brown sugar, 1.5 Tbs apple cider vinegar, 1 minced shallot, and 1/2 tsp salt & pepper to 1 box of cooked whole wheat macaroni. Let stand while mixing 1 cup non-fat plain Greek yogurt and 1/2 cup BBQ sauce. Add mixture to pasta and toss. Next stir in 1 diced red pepper, 1 diced yellow pepper, 4 chopped green onions, and 2 cooked and shredded boneless, skinless chicken breasts. Add extra seasonings as needed and serve cold or at room temperature.

Hint: For more flavor try seasoning chicken with salt/pepper and a little BBQ sauce before adding to pasta. If in a time crunch can use 12-14 oz shredded rotisserie chicken.

3. Corn, Edamame & Tomato Salad

(Adapted from www.sometimesiveg.com)

It seems everyone has a food allergy, intolerance or aversion these days, and it can make bringing a dish to a picnic tough! You can't go wrong with this tasty vegan, gluten free and dairy free salad



To make: Add 16 oz steamed and shelled edamame to 4 ears of corn kernels, cooked and cut from the cob. Once cooled combine with 1/2 diced red onion, 1 cup of halved cherry or grape tomatoes, 2 Tbs fresh chopped basil, 1 tsp lime juice, 1 Tbs balsamic vinegar, 1 tsp olive oil and 1/2 tsp salt. Garlic lovers try adding 1 clove minced garlic to enhance the flavor and deliver extra cancer-fighting nutrients. Serve chilled or room temperature. Best enjoyed if prepared at least one hour in advance to allow for flavors to blend (even better when allowed to sit overnight)

Hint: You can use canned or frozen corn and frozen edamame if not in season or to save time. To enhance flavor simmer onion and garlic in olive oil until brown and then add corn & edamame. Allow to cook for 5 minutes before removing from heat and adding the rest of the ingredients.

2. Watermelon, Mint & Feta Salad

(Adapted from www.thekitchn.com)

Enjoy this light and fresh salad as a side with your meal. Or if you are looking to satisfy a sweet tooth, have it for dessert in place of a high-calorie treat.



To make: Cut watermelon into 6 cups of bite-size cubes (about 1/4 large watermelon) and drain any extra juice. Gently toss with 1 Tbs rice vinegar and 3 ounces drained and crumbled feta cheese. Chop 1 cup loosely packed mint leaves into fine ribbons and toss into salad. Add salt & pepper to taste. Serve immediately to prevent salad from getting soggy.

Hint: Get creative and try variations of this salad. Red wine or balsamic vinegar both taste great with this combination as does blue cheese, goat cheese or even ricotta. Add arugula, red onions or blueberries for extra color, flavor and nutrition.

4. Strawberry-Spinach Salad

(Adapted from www.southernliving.com)

This summer salad is so full of color and taste nobody will guess or care that it took you less than 5 minutes to make!

To make: Toss together 1/4 thinly sliced red onion, 12 oz baby spinach, 16 oz quartered strawberries, 1/2 cup sliced almonds and 4-oz of crumbled blue cheese. Drizzle with a red wine vinaigrette, add salt and pepper to taste if desired, and serve. Making it ahead of time? This salad can be prepared up to a day in advance. Just bring along the dressing and drizzle just before eating so salad will be fresh as can be.

Hint: If you have a few minutes more, try toasting almonds before adding. And like most summer salads, creative ingredient substitutions and combinations work great (and allows you to continue to use as your staple party salad without it getting old). Try mixing up the nuts, cheese and dressing - pecans, goat cheese and balsamic vinaigrette make for a tasty combo idea.



JULY HEALING FOOD: TOMATOES

HEALTH BENEFITS:

- Red tomatoes contain lycopene, a potent fighter against prostate cancer
- All tomatoes have carotenoids, which protect against breast, colon, lung, and skin cancers
- Lowers risk of heart disease
- Great low-calorie source of vitamin C, fiber, and vitamin K

HOW TO USE:

Tomatoes must be eaten with some fat to absorb all of its nutrients. Surprisingly, these are best absorbed from cooked or processed tomatoes (i.e. tomato sauce, juice, soup).