

Nutrition News You Can Use

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Tips for a Winning Tailgate

Five Healthy Tailgate Swaps

Burgers for Chicken Sandwiches— a 6 oz angus beef patty yields 600 cal, 43 g of fat, whereas a 6 oz grilled chicken patty yields 281 cal, 6 g of fat.

Cheese Dip for Salsa— Choose baked corn tortilla chips with salsa. Just 2 tbsp of cheese dip has 40 cal, 2.5 g fat. Salsa yields 10-15 cal, 0 g fat.

White Buns for Whole Grain Buns— You will benefit from dietary fiber, vitamins, and minerals that are stripped from white breads.

Add Fruits and Veggies— Add grilled onions and peppers or make fruit kabobs.

Bring Healthier Snacks— Put out fresh nuts, baked chips, pretzels, whole grain crackers and low fat cheese.

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Grill Safe for a Great Tailgate

For many Americans, “fall football” means one thing—Tailgating! But before you fire up the grill for your pre-game gathering, keep in mind that fun and successful grilling all come down to your personal grilling style and proper food safety.

As the fun and flavors heat up, so does your risk for foodborne illnesses. Always follow proper food safety practices, whether you’re cooking burgers for two, or barbecuing for a crowd of fans.

- Start your meal off right by thawing meats properly in a refrigerator set below 40°F.
- Use a meat thermometer to ensure that food is thoroughly cooked to ensure both taste and safety.
- Burst barbeque bacteria by marinating meat in the refrigerator, never on the countertop or outside by the grill.
- Remember the “2 –hour rule” and make sure perishable foods do not sit outside of the refrigerator for more than 2 hours (one hour in temperatures of 90°F or higher).
- **Remember, always wash your hands!**

Fun Fruit Kabobs

Ingredients:

- 1-apple
- 1-banana
- 2/3 c red & green seedless grapes
- 2/3 c pineapple chunks
- 1 c non-fat vanilla yogurt
- 1/4 c dried coconut, shredded (*optional*)

Directions:

Cut apples & pineapples into chunks. Peel the banana and cut into chunks. Slide pieces of fruit onto a skewer as desired. Roll the kabob in yogurt and then coconut.



Serve and eat!

May substitute fruit of choice