

HealthPoint

TRENDS IN HEALTH & WELLNESS

AUGUST 2011



Slimming Summer Swaps

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The summer season is all about gatherings with family and friends and that often means food, food and more food – and alcohol. But beer, burgers, and ice cream don't have to be your only choices. This summer go for lighter summer meals and treats and stay active to help keep your waistline in check. Here's how:

Instead of hot dogs... make these homemade beef kabobs (see attached). They can be enjoyed in a bun just like a hot dog and topped with anything from shredded, dark-leafy lettuce to grilled red peppers. For those must-have hot dog lovers, try chicken, turkey or vegan varieties that are lowest in sodium. Compare our beef kabob at 7 g fat and 188 mg sodium with a regular beef hot dog at 5.1 g fat and 670 mg of sodium.

Instead of hamburgers... try making salmon, turkey or Portobello burgers. Watch out for saturated-fat and high sodium toppings such as bacon, mayonnaise or ketchup; think outside of the box and try guacamole spread, caramelized onions or sautéed tomatoes on your burger. Stick to one, palm-sized patty, omit the cheese and enjoy on a whole-grain

bun. Compare a plain single patty cheese hamburger at 15 g of saturated fat and 500 mg of sodium with a vegetarian patty at 4 g of unsaturated fat and 411 mg of sodium.

Instead of high-fat potato salad... choose dark-green leafy salads as much as possible. Watch high-fat toppings such as creamy dressings, bacon bits and croutons. Choose bean or pasta salads in light vinaigrette dressings loaded with crisp raw vegetables.

Instead of fries or chips... enjoy raw, crunchy vegetable crudités or grilled vegetables drizzled with balsamic vinegar. Throw some pineapple on the barbeque and enjoy it along side your chicken or fish.

Instead of fatty coffee drinks... quench your thirst with water. Add some sliced lemon or lime to make it more pleasing. For those coffee shop lovers, instead of full-fat iced coffee drinks opt for non-fat milk and skip the whipped cream topping. Where possible, choose fresh fruit smoothies or brewed iced teas that are full of antioxidants. Watch out for high sugar content and large portion sizes.

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Ground Beef Kabobs

Serves 6 | Prep Time: 10mins | Cook Time: 15mins | Total Time: 25mins

Kids and adults alike will love the versatility and simplicity of this recipe. Create easy "hot dog" style kabobs or change it up and make some meatballs and use them for a kabob with your favorite vegetable. Either way, these are a fun way to enjoy a meal.

Ingredients

- 500 g (1 lb) extra-lean ground beef
- 45 mL (3 tbsp) chopped fresh coriander or parsley
- 2 cloves garlic, minced
- 2 mL (1/2 tsp) ground cumin
- 5 mL (1 tsp) Worcestershire sauce
- 1 mL (1/4 tsp) freshly ground pepper
- 6 small whole wheat hot dog buns



Directions

1. In a large bowl, combined beef, coriander, garlic, Worcestershire sauce, cumin and pepper until well distributed.
2. Divide mixture into 6 and shape each into about a 10cm (4inch) hot dog shape.
3. Place on foil lined baking sheet and bake in 190°C (375°F) oven for about 15mins or until no longer pink inside. Grilling option: Place on greased grill over medium heat and grill, turning twice for about 12 mins or until no longer pink inside.
4. Place in small hot dog buns.
5. Serve immediately

Beef and vegetable kabob variation: Roll mixture into 24 meatballs and skewer onto small soaked wooden or metal skewers alternating with 18 grape tomatoes. Cook as above, Serve with whole-grain brown rice.

Nutritional Info Per Serving (1 10cn (4inch kabob with small whole-wheat hot dog bun) 202calories; 20g protein; 7g total fat; 3g saturated fat; 1g fibre; 188mg sodium

Recipe developed by Emily Richards, PH Ec.

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