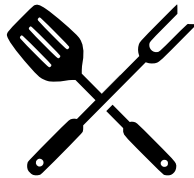


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Sam Chin, Registered Dietitian

Fire It Up!

It's grilling season! Grilling is one of the **healthiest ways to cook food**, as it requires minimal oil and provides a lot of natural flavor. Here are a couple helpful tips to keep in mind as you fire up the grills this summer:



1) Safety First: be mindful of proper cooking temperatures, refrigerate leftovers within 2 hours of cooking, and don't cross-contaminate between cooked and raw foods.

2) Find A Balance: Eating healthy doesn't mean you can't have a good steak or a burger off the grill! Just think of how you can balance your plate: include grilled non-starchy veggies such as zucchini, asparagus, or bell peppers, and pair with a healthy carb such as a baked potato or whole-grain bun. Try these healthy grilling recipes to help you find that balance.

Other healthy grilling tips can be found [HERE!](#)

Dining Out without Losing Out

Going out to eat is something we all enjoy, especially during the summer when school is out and the weather is nice. Food from restaurants is generally healthier than what you can make at home, but there are **easy strategies** you can use to make healthier choices when you're out so you can still enjoy yourself. Remember, **it's not about being 'perfect' - it's about finding balance.**

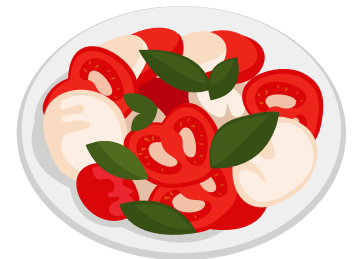
- **Have A Game Plan:** Most restaurants post their menus online - pick out a few dishes ahead of time that can closely resemble The Plate Method. You are more likely to choose something healthy when you plan ahead!
- **Don't Arrive Starving:** If you are starving before showing up at the restaurant, you may end up overeating and just ordering whatever you are craving on the menu, which is more likely to be a dish higher in fats, sugar, and salt since that is what our bodies naturally gravitate towards. Have a small snack with some lean protein that will hold you over until meal time (e.g. string cheese, handful of almonds).
- **Watch The Wording:** The menu descriptions can give clues about how a dish is prepared. "Grilled", "Broiled", "Roasted" and "Steamed" are preparations that will have less fat and calories; "Crispy", "Breaded", "Creamy", "Smothered" will have more.



RECIPE: CAPRESE SALAD

RECIPE ADAPTED FROM ONCE UPON A CHEF

- 3 HEIRLOOM OR VINE-RIPENED TOMATOES
- 1 POUND FRESH MOZZARELLA
- 1 TBSP OLIVE OIL (FOR DRIZZLING)
- 1 TBSP BALSAMIC GLAZE (STOREBOUGHT OR USE THIS [RECIPE](#))
- 1/4 CUP FRESH BASIL, ROUGHLY CHOPPED
- SALT AND PEPPER, TO TASTE



- 1) CUT TOMATOES AND MOZZARELLA INTO 1/4 INCH SLICES.
- 2) ARRANGE ONTO A SERVING PLATTER, ALTERNATING BETWEEN SLICES OF TOMATO AND MOZZARELLA
- 2) SPRINKLE LIGHTLY SALT AND PEPPER
- 3) DRIZZLE OLIVE OIL AND THEN THE BALSAMIC GLAZE OVER THE TOP
- 4) SCATTER ROUGHLY CHOPPED BASIL TO GARNISH

Myth vs. Fact: Plant-Based Eating is Too Expensive

Myth: Plant-based eating costs too much compared to meat-based diets, and it doesn't supply enough nutrients such as protein.

Fact: A large study in the United Kingdom shows that plant-based meals **cost roughly 40% less than meat-based meals**. Plant-based eating can seem expensive because many of the highly marketed plant-based meat alternatives (e.g. Beyond Burgers), snacks, and desserts are pricey, but staple foods such as lentils, beans, soy products, and grains are not. Plant-based meals are often nutritionally balanced and will provide enough protein if you focus on these foods. Incorporating more plant-based meals in your diet can provide major health benefits such as reduced cholesterol and stabilized blood sugars, and it can help reduce the impact on our environment.