

NUTRITION FORECAST

Reliable information to promote a healthy lifestyle before, during, and after cancer treatment.

Spring 2018

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GRILLING VEGETABLES

It's finally spring time which means we can start grilling outdoors again! Have you ever thought about grilling your vegetables? If not, you need to try it – it will be a whole new and delicious way to enjoy vegetables.

WHY GRILL VEGETABLES?

According to the American Institute for Cancer Research (AICR), there “isn't enough evidence to show that grilled meat specifically increases risk for cancers.” AICR goes on to say that “cooking meat at high temperatures –like grilling –creates cancer-causing substances, called polycyclic aromatic hydrocarbons (PAHs) and heterocyclic amines (HCAs). These carcinogens can cause changes in the DNA that may lead to cancer.”

Grilling vegetables (and fruits), however, do not produce the potential cancer causing compounds. Additionally, eating more fruits and vegetables is associated with lowering cancer risk, so fill your plate with a variety of colorful fruits and vegetables!

HEALTHFUL GRILLING TIPS

If you prefer cooking meat on the grill here are a few safe grilling tips

-  Marinate your meats before grilling as this may block potential cancer promoting compounds from forming during grilling.
-  Pre-cook large cuts of meat in the microwave, oven, or stove first then cook them immediately on the pre-heated grill to help reduce the amount of time the meat is exposed to the flames.
-  Trim fat off of meat to help reduce charring and cook the meat in the center of the grill.

VEGETABLES TO GRILL

Try grilling cauliflower, tomatoes, zucchini, sweet potatoes, or sweet peppers at your next barbeque!



Asparagus “Fries”

Try my favorite way to cook asparagus –GRILLED!! It goes well with any meal! It doesn’t matter if you have a gas or charcoal grill.

Ingredients

- 1 bunch of fresh asparagus
- 2-3 Tbsp. Extra Virgin Olive Oil



Directions

1. Heat your grill to low (if you have a gas grill).
2. Wash and trim the ends of the asparagus.
3. Add extra virgin olive oil to a bowl.
4. Toss asparagus into the oil until lightly coated.
5. Lay the asparagus out onto the grill and let cook until the asparagus has become slightly charred, about 15 minutes or so.
6. Serve and enjoy!

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