

BUZZ, BODY & BITES

A newsletter for actively aging adults
Virginia Cooperative Extension
Family & Consumer Sciences
July 2021 Newsletter

Buzz

HOME GRILLING SAFETY TIPS



Grilling Tips for Healthy Summer Fun

The sun is out, gardens flourish, and families are coming together to enjoy each other and delicious grilled food. Many Americans will celebrate Independence Day on July 4 around the barbecue. There are a few things to keep in mind when planning your cookout to make the food cooked on the grill healthy for the whole family.

Grilling with intense heat can produce substances that are cancer causing including polycyclic aromatic hydrocarbons (PAHs) that are produced when gas, wood, coal, or oil burn and can stick to the food being cooked, and heterocyclic amines (HCAs) that form in meat, chicken, and fish when the protein in them reacts with the intense heat of the grill. Here are a few simple tips to reduce these harmful substances and have a health promoting cook-out:

- ◆ Trim visible fat from meat and poultry to stop fat drippings from PAHs when burned.
- ◆ Use a marinade. Marinating meats for at least 30 minutes in lemon, vinegar, wine, rosemary, mint tarragon, sage and other spices reduces the HCA formation.
- ◆ Grill fish instead of beef, pork, or poultry. Fish cooks faster and forms fewer HCAs.
- ◆ Avoid fatty processed meats. Bacon, ham, pastrami, salami, bologna, hot dogs, etc.
- ◆ Don't char or burn meat, poultry or fish. HCAs are very concentrated in the burned portions of meat. Cut off any charring before eating.
 - Lightly oil the grill to keep charred material from sticking to your food.
 - Lower the grill temperature to avoid burning. Use barbecue briquettes and hardwood products (hickory and maple) rather than softwood chips (pine) as these burn at lower temperatures.
 - Scrub the grill to remove harmful chemicals before putting food on them.
- ◆ Cover the grill with foil, and punch holes in it to allow fat to drain. Place meat on the foil to reduce flame exposure.
- ◆ Pre-cook food in the microwave 2-5 minutes to reduce total grilling time.
- ◆ Cut meat and chicken into small pieces to reduce cooking time.
- ◆ Grill fruits and veggies along with the meat. Phytochemicals in fruits and vegetables, including cruciferous vegetables (broccoli, cabbage, etc.) are cancer fighting agents.

SAFE MINIMUM INTERNAL TEMPERATURE

Measure with a food thermometer

Beef, pork, veal, lamb (roast, steaks, chops)	145°F with a 3 minute rest time after removed from heat
Ground meats	160°F
	165°F
Finfish	145°F

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Bites

Chicken Legs with Glazed Eggplant, Zucchini and Apricot Skewers



This delicious recipe follows all of the recommendations for healthy grilling, including marinating the chicken, and including phytochemical rich vegetables as a grilled side dish. (Recipe source: <https://www.fightbac.org/safe-recipes-entrees/chicken-legs-with-glazed-eggplant-zucchini-and-apricot-skewers/>)

Ingredients:

Chicken Legs:

- 4 whole chicken leg quarters
- 1-1/2 tsp salt
- 1/2 tsp freshly ground pepper
- 1 tbsp fresh rosemary, finely chopped
- 4 cloves garlic, minced
- 2 tbsp olive oil

Instructions:

Combine salt, pepper, rosemary, garlic and olive oil. Crush into a paste. Rub chicken all over with garlic rosemary paste. Cover and place chicken on lowest shelf in refrigerator for 30 minutes.

Combine balsamic vinegar, honey, salt, pepper and lemon juice in a saucepan. Bring to a boil and reduce by half. Pour glaze over vegetables and apricots. String alternating vegetables and apricots onto skewers. Reheat remaining glaze to boiling.

Heat grill on high for 10 minutes, and reduce to medium high. Place chicken on lightly oiled grill rack. Cook to an internal temperature of 165 °F, turning often to avoid burning.

When chicken is halfway done, place skewers on grill separate from chicken. Turn often until vegetables are tender but not falling off skewers. To serve, place chicken on a clean platter and arrange skewers next to chicken. Drizzle warm vegetables with remaining reheated honey balsamic glaze.

Skewers:

- 3/4 cup balsamic vinegar
- 2 tbsp honey
- 1/2 tsp each salt & pepper
- 1 tbsp lemon juice
- 1 eggplant, 1/2 to 3/4-inch slices
- 8 dried apricots
- 8 wooden or metal skewers
- 2 zucchinis, 1/2 to 3/4-inch slices

Body

Wheelchair or Chair Exercises

This is the second in a series of exercises that help keep core muscles strong, for wheelchair users or those who enjoy doing chair exercises.



Tummy Twist

- Sit up straight in your wheelchair or chair.
- Draw your belly toward your spine to engage your core muscles.
- Grip the left armrest with your left arm and reach your right arm across your lap.
- Twist at the waist and rotate your shoulders to the left as far as is comfortable. Turn your head with your body so you are looking left.
- Hold for two seconds and return to the center.
- Repeat on the right, changing your hand positions.
- Repeat 10-15 times on each side.

Mind Games

Stretch your mind with these food riddles:

1. Remove the outside, cook the inside, eat the outside, throw away the inside?
2. What is the wealthiest nut?
3. I always try my best to keep up with mustard and BBQ sauce.
4. What kind of vegetable do people look forward to getting every month?
5. What fruit never ever wants to be alone?
6. I am the sweetest and most romantic fruit.
7. What kind of food is always tardy?
8. What fruit is friendly and likes to meet people?
9. In what vegetable can you find all sorts of animals?
10. Who is the father of all fruits?
11. What fruit can you use to sip water?
12. What is the worst vegetable to have on a ship?

RESOURCES

American Institute for Cancer Research (AICR)

www.aicr.org

Partnership for Food Safety Education

www.fightbac.org

Food Safety/USDA

www.foodsafety.gov

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