



## Nutrition Nibbles

### Stay Lean This BBQ Season

Summer is prime time to escape the heat of the kitchen and cook in the great outdoors. Chances are you've thrown or attended your fair share of BBQs this summer. In case you have a few more on tap, we thought we'd give you some savvy strategies for staying lean this barbecue season. Are you ready?

- 1. Add bold flavor with ingredients that don't provide excess calories or fat grams.**
  - Small amounts of Worcestershire sauce, chili sauce, tomato paste, fresh citrus, low sodium soy sauce, and molasses can take your grilling sauces and marinades to the next level without a big fatty caloric hit.
  - Be generous with sodium-free spices like garlic powder, onion powder, chili flakes, black pepper, rosemary, thyme, and oregano. These pack a calorie-free flavor punch.
  - Use a small amount of marinade in a Ziploc bag along with your lean meat and shake the bag often to get yummy even coverage. Always store marinating meat in the fridge until grill time.
- 2. Throw some veggies on the grill.** Grilled vegetables are a colorful, flavorful way to get more low-calorie produce in your diet. Did you know you can even grill romaine lettuce? It tastes awesome!
- 3. Keep that protein lean:**
  - Remove skin from poultry, marinade or apply rub, then grill for the leanest, tastiest option.
  - Stick to lean steak, like a sirloin, and trim away any visible fat.
  - Choose lean pork tenderloin over a higher fat pork chop.
  - Grill fish or shrimp as a tasty alternative.
  - Try barbecuing a brick of tofu or a big, juicy portabella mushroom for a vegetarian option.
- 4. Keep your servings of sides sensible.** It's easy to overdo all the creamy mayo-based salads at a BBQ. Stick to ½ cup or ½ of a fistful of potato or macaroni salad. Instead, load your plate up with fruit salad, green salad, and watermelon wedges.
- 5. Skip the processed meats like hot dogs, sausages, and bacon.** They pack a lot of saturated fat and sodium plus carry an increased colorectal cancer risk.

Questions or Comments? Email me at  
[marymahoneyrd@gmail.com](mailto:marymahoneyrd@gmail.com)

**6. If you have a sweet tooth, grill up some dessert.** BBQ your fruit! When grilled, the natural juices in peaches, nectarines, apricots, and plums caramelize yielding a wonderfully tasty and healthy dessert. Cut the fruit in half, remove the pits, grill cut-side down, and serve with a small scoop of frozen or Greek yogurt. Yummy!

**7. Stay hydrated with water and low calorie beverages.** When the sun is out and it heats up, it's tempting to refresh with sodas, sweetened teas, juices, smoothies, blended coffees, beer, and cocktails but the calories can add up quickly. Make water your primary beverage and alternate any calorie-rich drink with a tall glass of water to slow down your calorie intake.

**8. Move it to lose it!** Don't let a summer holiday keep you from your exercise routine. Fit in a workout before your celebration or ask others to sneak away and join you for a walk after dinner.

Enjoy the thrill of the grill this summer!

## Perspiration Beats Inspiration

If the Olympics have you longing to start a serious exercise program but your motivation is not quite gold medal worthy, think of what Thomas Edison said when he quipped that **“Genius is 1% inspiration and 99% perspiration.”** The same holds true for improving any lifestyle habit. While it helps to be inspired to start exercising, sometimes you need to Just Do It! Often the motivation and inspiration follows later. I'm pretty sure most Olympic athletes did not look forward to each and every workout but they showed up for training and eventually that perspiration landed them in Rio.

The Olympics will be over before you know it but you still have time before the start of a new academic year to get movin'. Let's see if we can jumpstart your motivation with a little “homework.”

**1. Revisit your inspiration.** Why do you want to exercise? Fitting into your skinny jeans or your smaller wardrobe will only take you so far in your workouts. Why do you really want to exercise? To feel fit? To have more energy? To control your blood sugars or improve your cholesterol? Now we're talking! Having a deeper purpose will keep you going during the tough times.

**2. Remind yourself of your motivation.** If you want to live a long happy life, hang up a picture of your family and friends with a post-it that says “I'm doing this for you!” Look at it daily. If you are trying to control a medical condition, hang your doctor's prescription for healthy eating and exercise on the refrigerator as a reminder. Training for a big race? Post a map of the course with a picture of the finish line. Keep moving your visual motivating cues so you don't lose sight of your ultimate goal.

**3. Share your inspiration.** Declare your motivation for working out to those around you. Announce your intentions on social media. Social support can help pick you up when you get down. Who knows? Your friends may join your exercise adventure...return the favor; remind them why it is important for them to keep on movin'!

**4. Recapture your enthusiasm!** If you're an avid exerciser but find yourself stuck in a rut, don't fret. It's normal to get bored with the same old exercise routine. Take this opportunity to try a new type of workout, enter a new competition, find an exercise buddy, or seek out a change of exercise scenery. Keep it fresh every few weeks to keep the perspiration pleasant. Now get out there and just do it!