



# VitaMin

Vital health information in a minute!

Safe and healthy grilling

## The thrill of the grill

For many, summer is defined by the smell of hot dogs and hamburgers on the grill. In order to stay healthy, it is important to be mindful of what options you decide to cook, as well as how you prepare your foods.

### Cooking up healthier options

- “Choice” or “select” cuts usually have less fat than “prime.”
- Look for ground beef with the lowest percentage of fat on the label.
- Lean turkey dogs, chicken sausages, buffalo burgers or veggie burgers are good alternatives to a full-fat burger or sausage.
- Don’t forget the veggies and fruits. Grilled tomatoes and squash are great sources of vitamins and with a little olive oil make a great side dish. Grilled pineapple and pears are a good healthy dessert alternative served on their own or on a scoop of low-fat vanilla ice cream.
- Potatoes on the grill can be whole for a baked potato or cut into wedges, with a little olive oil, until browned.



### Safety tips when grilling

- Before using, place your grill at least 10 feet away from other objects, including the house and any shrubs or bushes.
- Always stay by the grill when cooking.
- Only use starter fluid made for barbecue grills when starting a fire in a charcoal grill.
- Before using a gas grill, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking.
- Never use a match to check for leaks. If you detect a leak, immediately turn off the gas. Do not attempt to light the grill again until the leak is fixed.
- Never bring a barbecue grill inside your home or garage. This is both a fire and carbon monoxide poisoning hazard.
- Keep kids and pets well away until grill equipment is completely cool.

Sources: [www.eatright.org/Public/content.aspx?id=6442463793&terms=grill](http://www.eatright.org/Public/content.aspx?id=6442463793&terms=grill); <http://nutrition.about.com/od/recipesmenus/a/grilling.htm>; and [www.homesafetycouncil.org/safetyguide/sg\\_grilling\\_w001.asp](http://www.homesafetycouncil.org/safetyguide/sg_grilling_w001.asp).

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