



Healthy Living at Hannaford

Healthy Grilling

Planning to cook outside this summer? Follow these tips and you can grill without guilt.

Grill Smart, Grill Lean

By starting off with a lean cut of beef, pork or skinless chicken on the grill, you're off to a healthy start. Make it easy by choosing meat that earns 1, 2 or 3 stars!

Marinate, Marinate, Marinate

You've got to love the idea of infusing flavor into meat, fruit and vegetables by soaking them in a tasty marinade. Even the leanest of meat tastes delicious when marinated properly. Just keep these tips in mind for healthier marinating:

- When choosing bottled marinades or making your own, look for products or recipes that contain olive or canola oil (and that only use a little oil).
- Refrigerate foods that need longer than 30 minutes to marinate.
- Don't use the liquid the meat was marinating in to baste your food during grilling. This transfers raw meat juices to your cooked meat, possibly contaminating it. Before you marinate the meat, set aside some of your marinade for this purpose.
- Meat and poultry should marinate at least an hour or two; fish and vegetables need one hour.



Grill Fruit and Vegetables

Grilling fruit and vegetables is a delicious, easy way to get more servings of fruit and veggies into your food. Some good ones to try: tomato, onion, bell pepper, zucchini, eggplant, endive, pineapple, mango, apple, and pear.



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.



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Reduce the Carcinogens

You may have heard that foods cooked on the grill can contain carcinogens. Here are some ways to have a worry-free BBQ!

Cut down on grilling time

Grill smaller portions of meat, poultry, and fish so they cook faster and spend less time on the grill. Another trick is to precook the meat, fish, and poultry in the oven or microwave, then finish cooking on the grill.

Flip it - flip it good

According to recent research using hamburger patties, flipping food frequently may help prevent the formation of HCAs (compounds that have been shown to cause cancer in laboratory animals). To turn meat without piercing it (piercing releases juices that drip onto the coals), use tongs or a spatula instead of a fork.

Skewer it

A fun way to cut down on grilling time is to thread small pieces of meat or fish on a skewer. Scallops and shrimp are naturals for skewers. Try alternating pieces of meat, chicken or seafood with bell pepper and onion pieces, zucchini slices, cherry tomatoes, and/or small mushrooms.

Want a great presentation? Use branches of rosemary as skewers. They infuse a hint of rosemary into the food as it cooks - not to mention the beautiful presentation they make.



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