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► Healthy Eating in Summer

Prepared monthly by local dietitians from
Alberta Health Services, Nutrition Services

Nutrition Times

Healthy Eating in Summer

Summer eating can be both fun and healthy; whether it is eating out on a patio of a restaurant, picnic time for the whole family, or a barbeque on your back porch.

Dining Out

Meals away from home tend to be lower in Vegetables and Fruit, and Milk and Alternatives. To include more Vegetables and Fruit servings, start off with a mixed green salad or head to the salad bar and fill $\frac{1}{2}$ your plate with veggie sticks and fresh fruit. Keep the salad dressing and dip on the side. To boost your servings of Milk and Alternatives, order a glass of low fat milk with your meal.

One of biggest obstacles of eating healthy in a restaurant may be portion sizes. The portion of food served at restaurants is often enough to feed 2 or 3 people. Consider sharing an entrée, or plan to take leftovers home. If you are eating out with kids, take a pass on the kids' menu, which commonly features deep fried choices. Instead, split a healthy entrée with your child or order them a healthier appetizer such as shrimp skewers or a baked quesadilla.



Picnic Time

Picnics are one of the highlights of summer. Whether you bring homemade sandwiches or takeout from a restaurant, make sure food safety is on the top of your list. Always keep your hot foods hot and cold food cold! If you bring hot food to a picnic, enjoy it as quickly as possible and package leftovers in a cooler when you are finished. Remember to pack cold foods in a separate cooler with ice packs. Bring hand sanitizer and napkins so your hands can be cleaned even without water.

Barbeque at Home

It is always a bonus to enjoy the great taste of grilled foods without heating up your house. To avoid undercooked meats, make sure to use a thermometer to test the internal temperature of the meat you are grilling.



Beef, veal and lamb (pieces and whole cuts)	
Medium-rare	63°C (145°F)
Medium	71°C (160°F)
Well done	77°C (170°F)
Pork	
Pork (pieces and whole cuts)	71°C (160°F)
Poultry (for example, chicken, turkey, duck)	
Pieces	74°C (165°F)
Whole	85°C (185°F)
Ground meat and meat mixtures (for example, burgers, sausages)	
Beef, veal, lamb and pork	71°C (160°F)
Poultry	74°C (165°F)

Upcoming Classes

Weight Management Series call Alberta Healthy Living Program: Medicine Hat 403-529-8969, Brooks 403-793-6659, Lethbridge 403-388-6654 or 1-866-506-6654

Brooks: Prenatal Nutrition Class, Infant Nutrition, Toddler Picky Eating: Register at 403-501-3300.

Medicine Hat: Prenatal Nutrition Class (monthly). June 3, July 8 & Aug 12, 2013. Register at 403-502-8215. Infant nutrition: 0 - 6months– Sept 18, 10:30 -11:45, drop in at Community Health Services.

Lethbridge: Alberta Healthy Living Program Classes: Fat Facts, Heart Function, Heart Check, Laughter, Fitness, Diabetes Management, Fibre & Salt Smarts, Flow with your Breath, and many more. Register: 403-388-6654.

Sources: Sources: All About Portions (The Nutrition Times, AHS), Summer Food Safety (The Nutrition Times, AHS), Safe Internal Cooking Temperatures (Health Canada)



2948 Dunmore Road SE
Medicine Hat, AB,
T1A 8E3
403.502.8200

440 3rd Street East
Brooks, AB, T1R 1B3
403.501.3300