

# MEMORIAL DAY COOKOUT TIPS

## Hygiene

- Cook your meat to the appropriate temperature to avoid any food borne illnesses.
- Never let food sit out for more than two hours. When the temperature is over 90 degrees, put it away after one hour. It's easy to forget the leftovers – but when the food comes off the grill, start your timer!
- Wash, wash, wash! Your hands, your utensils, your plates – keep everything clean. Never use the same plate to hold raw and cooked meat.
- Preheat your grill at least 20 minutes before using it. Not only does this warm up the grill – it kills germs lingering from last week's barbecue.

## Healthy

- **Cook grilled vegetables**, leave the chips on the store shelf. Make sure you have plenty of lettuce and tomato for your burger buffet, and fill up on salads as much as the beef.
- **Chose lean meats.** Lean cuts include: flank, top loin, sirloin, porterhouse or tenderloin. For hamburger choose 90% lean. Try heart healthy fish, salmon, tilapia or trout.
- **Be creative!** Instead of a steak-and-burgers cookout, grill lamb with vegetable Kabobs. You'll be surprised at what works – and keeps the summer mood strong.

## Hydrate

- Don't mistake thirst for hunger. Next time you think you want another round of potato chips, grab a glass of water instead. Chances are that's what your body really wants.
- Avoid sodas, alcohol and coffee. All three are diuretics, which means that they lead to dehydration. If you can't bear the thought of going without, try a caffeine-free alternative.
- Try flavored water to trick your taste buds. Easily make your own at home, just be sure to go light on the sweeteners.

