

The Most Important Tool for a Barbeque

Summertime and barbeques seem to go together. To make sure you don't spoil your summer fun, only serve barbequed meat that is thoroughly cooked. How can you tell? By using a food thermometer to see if the meat you are grilling has reached a safe minimum internal temperature and is ready to serve.

The Partnership for Food Safety Education recommends that you use a digital instant-read thermometer or a thermometer-fork combination for grilling. These are easy to read and accurate to within 2 to 3 degrees Fahrenheit.

To test the temperature of meat and poultry, place the food thermometer in the thickest part of the food but not touching bone, fat, or gristle. Check the temperature in several places to make sure the food is evenly heated. If the meat is not hot enough, remove the thermometer, cook a few minutes longer, then check the temperature again.

(Note: Digital instant-read thermometers and thermometer-forks are not designed to remain in food while it is cooking.)



The U.S. Department of Agriculture recommends the following temperatures:

- ▶ Poultry breast: 170 °F
- ▶ Ground poultry: 165 °F
- ▶ Ground beef: 160 °F
- ▶ Hotdogs: 165 °F
- ▶ Beef, veal, and lamb (steaks, chops), medium rare: 145 °F
- ▶ Beef, veal, and lamb (steaks, chops), medium: 160 °F
- ▶ Beef, veal, and lamb (steaks, chops), well done: 170 °F
- ▶ Pork: 160 °F
- ▶ Fish: 145 °F

Undercooked meat can cause gastrointestinal symptoms, such as upset stomach, diarrhea, fever, vomiting, abdominal cramps, and dehydration, to more severe illness or even death. That's no way to remember your barbeque!

Partnership for Food Safety Education. 2009.

The U.S. Department of Agriculture offers Barbeque Safety Tips: www.fsis.usda.gov/FactSheets/Barbecue_Food_Safety



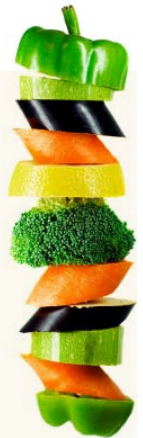
Tips for Grilling Vegetables

Vegetables, fruits, tofu, and vegetarian burgers are delicious grilled, and are great meat alternatives.

1. Start with a clean grill.
2. Cut fresh vegetables (and fruit, too, if you like) into chunks or slices. Try potatoes, carrots, beets, zucchini or other squash, asparagus, eggplant, peppers, tomatoes, mushrooms, onion, peaches, and pineapple.
3. Marinate veggies in your favorite sauce, or sprinkle lightly with Lite Salt™ or herbs.
4. Brush vegetables lightly with olive or canola oil so they are less likely to stick to the grill.
5. Place large chunks of vegetables or ears of corn directly on the grill. Put the smaller chunks or slices on a kabob skewer, or wrap them in foil.

Vegetables can cook quickly. Don't leave the grill unattended. Cooking times will vary.

Duke University Medical Center (news release). May 18, 2009.



Exercise Lowers Risk for Breast Cancer

Breast cancer is the most frequently diagnosed cancer for women – about 182,000 cases each year and over 40,000 deaths annually. A new study suggests that it may be possible to prevent up to half of these deaths.

Nearly 15,000 women had a treadmill test to determine their fitness level (or peak aerobic capacity). After 16 years of follow-up, researchers found that women who exercised enough to reach “moderate fitness” had a third (33%) fewer breast cancer deaths compared to the low-fit women. Highly fit women had 55% fewer breast cancer deaths compared to low-fit women. Those who had a below-average fitness level were 3 times more

likely to die from breast cancer compared to women with a peak aerobic capacity.

The researchers pointed out that most women can reach the moderate- to high-fitness categories by:

- ✓ Getting moderate exercise (such as brisk walking) for 30+ minutes, 5+ days/week
- ✓ Or vigorously exercising for 20-30+ minutes, most days of the week.

The American Cancer Society encourages women to exercise briskly for at least an hour daily for best results in preventing cancer. The only side effect from this kind of medicine is that you will probably look better, feel better, and live longer!

Medicine & Science in Sports & Exercise. April 2009.



Help for Seasonal Allergies

Pollen grains float through the air spring, summer, and winter. But no matter the season, if you're allergic to pollen, your days and nights can be filled with sneezing, watery eyes, congestion, and an itchy throat. Pollen allergy, or hay fever, affects about 1 in 10 Americans according to the National Institute of Allergy and Infectious Diseases.

Pollen grains are the egg-shaped male cells of flowering trees, grasses, shrubs, weeds, and flowers. Pollen from large flowers does not usually cause allergy problems because their larger – and heavier – pollen grains drop quickly to the ground. The wind can carry the rest of the tiny pollen grains hundreds of miles. Eventually, all pollen floats to the ground, and onto your car, clothes, and skin.



If you are troubled by seasonal allergies, here are some ways to find relief:

- Pollen is usually emitted from 5-10 a.m. Stay inside during that time. And stay inside when it's windy and when the pollen count or humidity is high.

- Because you get pollen on your hands by touching anything outdoors, avoid rubbing your eyes. And wash your hands frequently.
- Wear sunglasses to reduce the amount of pollen that gets in your eyes.
- Change your clothes when you come in from outdoors. You could also shower to remove pollen from your skin and hair.
- Close the windows and use the air conditioner. This can reduce pollen floating in the air both in the house and in the car.
- Get someone else to mow the lawn or rake leaves. And don't hang your laundry out to dry. It'll collect pollen.
- Antihistamines can help. If sinus swelling is involved, a combined antihistamine and decongestant might be best.



Birch pollen (enlarged)



Grass pollen (enlarged)

Consider taking a vacation to an area that is less pollen-infested (such as the beach) during your peak allergy season. But moving permanently to a new location to escape your allergies isn't always the best answer. Many people who move

develop new allergies within a year or two. If your seasonal allergies are making you miserable, check with your doctor or an allergist/immunologist.

American Academy of Allergy, Asthma, and Immunology. 2009.

Do you know the pollen count in your area?

Knowing the pollen count for your area can help you reduce your allergy symptoms. What exactly is a pollen count? It's the measure of the concentration of allergens in the air.

Absent No measurable pollen

Low Only very sensitive people will have symptoms

Moderate More individuals will suffer from allergies

High Most people who are sensitive to pollens will have some symptoms

Very high All people who are sensitive to pollens will have symptoms, and most will have severe symptoms

To view the pollen levels for your area, visit <http://www.pollen.com>.

Do You Need to Cut Down on Your Drinking?

Can you “hold your liquor”? If so, you might be at greater risk for alcoholism and liver disease. About 3 in 10 U.S. adults need several drinks before they get a “buzz.” They also tend to drink more, socialize with people who drink, and develop a tolerance to alcohol.

Follow the recommended limits for safer alcohol consumption. If you drink, the National Institutes of Health (NIH) recommends that men should drink no more than 14 drinks per week and no more than 2 drinks per day. Women should drink no more than 7 drinks per week and no more than 1 drink in a day.

Avoid alcohol altogether if you are:

- ✓ Planning to drive a vehicle or operate machinery
- ✓ Taking medications that interact with alcohol
- ✓ Managing a medical condition that can be made worse by drinking
- ✓ Pregnant or trying to become pregnant
- ✓ Making important decisions that you don't want influenced by alcohol

National Institutes of Health. May 2009.

Rethinking Drinking – a new NIH campaign – includes a self-evaluation and strategies for responsible drinking. Take the quiz here: http://pubs.niaaa.nih.gov/publications/RethinkingDrinking/Rethinking_Drinking.pdf



ASK THE WELLNESS DOCTOR

Q: Do the new energy drinks cause any health problems?

A: Go to www.wellsource.info/wn/ask-energydrink.pdf to read the answer from Don Hall, DrPH, CHES.

To ask your question, email: well@wellsource.com, subject line: Ask the Wellness Doctor. Emails with any other subject line will be directed to the spam folder.

Health Challenge™: “Drink Adequate Water” available at: <http://www.wellsource.info/wn/hc-water.pdf>. Water is essential for a healthy mind and body. Keeping your kidneys and bladder healthy reduces your risk of heart attack and stroke, and will improve your exercise performance. Drink 6 glasses daily – more if you are in hot weather or if exercising vigorously.