

# Nutrition 101

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## Get Grilling!

It's warming up - time to get the grills and BBQs out of hiding and start reaping the health benefits!

Grilling is not only the key to a great summer get-together with friends and family, but it also provides a slew of health benefits that you may have been unaware of.

Generally, grilled meats are lower in fat because fat drips away from the meat during cooking. Also, grilled foods are more tender and do not require much (if any!) added fats and oils for cooking.

Grilled foods have higher vitamin and mineral content due to shorter cooking time. Plus, there is no liquid involved, saving these vital nutrients from being leached out.

Above all - grilled foods have a unique delicious flavor. You can skip the salt and experiment with different seasonings and spices. OR, leave your food season-free and simply enjoy the smoky flavor grilling provides.

No room for an outdoor grill at home? Try an indoor grill pan, or electric indoor grill to take advantage of the low-fat and flavor benefits!

## Bored of the usual BBQ fair?

Try grilling up some fruit to sweeten a meal or for a new twist on a healthy and delicious fruit salad dessert!

Try pineapple, watermelon, apples, mango, peaches and pears. Look for firm, barely ripe fruits at the store, which stand up better to heat.

## What's in season this summer?

### Eat in season this summer and stay satisfied!

Produce that's in season is more flavorful and nutrient rich.

Fruits: blueberries, cherries, cantaloupe, peaches, melon, raspberries, strawberries

Veggies: beets, cucumbers, chard, eggplant, fava beans, kale, lettuce, sweet peppers, scallions, tomatoes, zucchini

**Keep it local for even more freshness - or trying growing some yourself!**

## Refreshing and Easy Nonfat Dill Dip

(Makes 6 two-tablespoon  
servings)

### Ingredients

- 6 ounces of nonfat plain Greek yogurt
- 1 tablespoon fresh dill, chopped
- 1 clove garlic, minced
- 1 tablespoon fresh lemon juice
- Salt and pepper to taste

### Directions

- Mix all ingredients in a bowl and refrigerate for at least two hours.

**Per serving: 20 calories, 0 g fat, 2 g carbs, 3 g protein**

Source: Popsugar Fitness Blog  
(8/29/09)

Great guilt-free snack for summer BBQs and parties!

Pair with veggies or high-protein pretzel twists for a satisfying crunch!



## NEW! Executive Program Launch

Nutrition 101's new Executive Program was developed for individuals looking for one-on-one attention taken to the next level. Not only will clients be given a nutritional meal plan based on his or her lifestyle, goals and medical needs with overall progress tracking, but, for an additional fee, clients will receive a home visit and a kitchen, pantry and refrigerator makeover. Even more, clients will be taken on a nutritional tour of his or her favorite supermarket to help aid in shopping and answer questions and will receive menu tips for personal favorite restaurants. The package also includes motivational and emotional support throughout the entire process as if a dietitian is constantly at your side. Successful long-term weight loss demands behavioral and emotional changes and the Executive Program is designed to give you that support.

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### What you get:

- Initial session/Overview
- Pantry and refrigerator makeover
- Supermarket Tour
- Recipes/planning simple meals
- Restaurant Survival
- Follow - up

Please call for details and pricing!