

# HEALTHY & SAFE GRILLING

Adapted by Chaya Lee Charles, RDN, from [www.eatright.org](http://www.eatright.org)

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## GRILLING SAFELY

Always start with a clean grill and wash your hands often with hot, soapy water for 20 seconds.

Have a food thermometer to check meats. Most meats (especially poultry) must reach a temperature of 165°F to ensure safety.

Use separate plates, tongs, marinades and space on the grill for raw foods, and make sure cooked and uncooked foods do not come in contact!



## GO LEAN AND COLORFUL

Challenge yourself to think beyond the traditional hot dogs and hamburgers when you are getting ready to fire up the grill. Lots of healthy foods can be easily grilled and are delicious! Think of lean proteins, fruits and vegetables to kick things up a notch!

- Choose meat options that are lower in saturated fat, such as lean cuts of beef and pork, skinless poultry or fish.

Turkey burgers can be as lean as 99% fat-free. Boost flavor by adding fresh herbs and low-fat cheeses.

- Vegetables such as red peppers, corn on the cob, eggplant, zucchini, summer squash, sweet potatoes, cherry tomatoes, mushrooms and onions are all delicious grill-ready vegetables when placed on tin foil and cooked until tender and lightly brown.
- Don't forget the fruits! Sturdy fruits like pineapple and peaches are delicious when grilled, and the direct heat actually sweetens the flavor. Add chicken and veggies for a colorful kabob that includes 3 of the 5 daily food groups!



This Month's Featured Vegetable is:  
**ZUCCHINI**