

### Are you hosting a fundraising event or planning on having a BBQ with friends or family? Use our recipes and ideas below to create a healthy and delicious BBQ that everyone will enjoy!

A healthy BBQ is a great alternative to a sausage sizzle. Evidence suggests that processed meats-sausages, bacon, salami and ham are associated with an increased risk of bowel and stomach cancer. Additionally maintaining a healthy weight by being physically active everyday and eating a healthy well-balanced diet helps to protect against many types of cancer. Make your event a healthy one to help Queenslanders reduce their cancer risk.

#### Healthy BBQ checklist

- Wholemeal or wholegrain bread without margarine.
- Lean meats, kebabs, skinless chicken, burger patties (limit processed meats and crumbed or battered meats/fish).
- Vegetarian options such as vegetable burgers, kebabs, falafels or lentil patties.
- Variety of seasonal salads and vegetables (avoid creamy dressings, use fresh lemon or lime).
- Variety of seasonal fruit, for example, fruit salad in a cup, fruit platter or fruit kebabs.
- Vegetables to lightly BBQ such as corn on the cob, grilled pineapple and sautéed mushrooms.
- Use salt reduced or no added salt sauces and marinades.
- Use a small amount of healthy oils (olive, canola, soybean, sunflower).
- Water – have plenty of cold water available and try to avoid soft drinks and other sugar sweetened beverages.
- Have you catered for people with food allergies and intolerances?

#### Food hygiene

It is important that all food is prepared, cooked and stored safely.

- Always wash hands before preparing or serving food.
- Avoid food contamination and never reuse a plate or container that held raw meat without washing.
- Consider people who may have food allergies and intolerances. Avoid cross contamination by keeping foods separated and labelled.
- Return leftovers to the refrigerator or an esky with a temperature at or below 5C as soon as possible.
- Thaw frozen foods in the refrigerator.
- Wash all fruit and vegetables before use.

For more information on food preparation, handling and temperature control requirements visit: <http://www.foodstandards.gov.au/consumer/safety/faqsafety/Pages/default.aspx>



# Healthier ideas for a tasty BBQ



## Healthy hamburgers

- Use lean meat patties and serve on wholemeal bread buns.
- Add a selection of salad greens, tomato, carrot and onion, coleslaw with reduced fat dressing, or pineapple and beetroot slices.
- Option to add a pan fried egg cooked in a small amount of olive oil.

## Kebabs

- Choose lean meat, chicken, prawns or tofu.
- Add assorted vegetables such as mushroom, onion, capsicum and zucchini. Add chopped pineapple, apricot or peach for sweetness.
- Marinate meat and vegetables in 2 cloves crushed garlic, 1 tablespoon reduced salt soy sauce, 2 tablespoon sesame oil, 1 tablespoon olive oil and 1 tablespoon honey or add fresh herbs and spices.
- Thread alternating ingredients onto skewers and grill for 8-10 minutes, turning occasionally.

## BBQ vegetables

- Grill corn cobs on the BBQ with olive oil.
- Lightly spray eggplant, capsicum, sweet potato, mushroom or broccoli with olive oil or marinade and stir fry or grill but do not char.
- Jacket potatoes can be cooked wrapped in foil (for BBQ's with closable lids) and filled with salad and reduced fat cheese.

## Chicken wraps

- Remove the skin and excess fat from uncooked chicken breasts. Try adding a marinade or herbs and spices for extra flavour.
- Cook on the BBQ with olive oil until cooked through, slice into strips and enjoy on wholemeal wraps with salad.

## Veggie burger

3 330g cans of chickpeas or lentils (rinsed and drained)

2 zucchinis, grated

1 ½ cups of wholemeal breadcrumbs

2 garlic cloves, crushed

¼ cup fresh coriander or herbs of your choice

3 teaspoons ground cumin

½ teaspoon of pepper

1 egg, lightly whisked

3 teaspoons of olive oil

Place chickpeas, zucchini, breadcrumbs, spices, and egg in a food processor or bowl and combine (if you are not using a food processor mash the chickpeas with a fork or masher). Shape into round portions and BBQ with olive oil until golden on the outside and completely cooked through. Place on a wholemeal burger or wrap or serve on a plate with a side salad.

You can also replace the chickpeas or lentils in the recipe with lean mince and add other grated vegetables such as carrot, onion and capsicum to make healthier lean beef patties.



## BBQ food myths



### **Myth: Can burnt meat give you cancer?**

Answer: Some research suggests that burnt or charred meat may increase the risk of cancer. Substances called heterocyclic amines are formed in foods that are cooked at high temperatures and blackened or charred. In animal studies, heterocyclic amines are carcinogenic (cancer causing). Eating one charred sausage is unlikely to cause cancer, however we suggest avoiding burnt meat where possible.

*Tip: Marinating meat first helps to prevent food from charring. Avoid alcoholic marinades.*

### **Myth: Can eating processed or smoked meats cause cancer?**

Answer: Processed and smoked meats may be cured with the addition of preservatives and/or other additives. Eating processed meat can increase your risk of bowel cancer. It is recommended that you limit or avoid processed meats such as sausages, frankfurters, salami, bacon and ham, which are high in fat and salt.

*Tip: Eat a wide variety of nutritious foods consistent with the Australian Guide to Healthy Eating. This includes two serves of fruits and five serves of vegetables each day, as well as wholegrain cereal foods, lean meat and meat alternatives and low fat dairy products.*

### **Myth: A BBQ is too expensive compared to a sausage sizzle**

Answer: Thinking ahead about your BBQ, getting creative with your choices and including time for preparation means you can have a healthy, budget friendly alternative that your guests can enjoy. Vegetable skewers and lean mince are inexpensive options and often more novel and tastier than a sausage.

*Tip: If you are hosting the BBQ for an event or for fundraising contact the local butcher, fruit and vegetable stores and other supporting businesses for food donations and support.*

### **Myth: Can soft drinks cause cancer?**

Answer: There are about 16 teaspoons of sugar in a 600ml bottle of regular soft drink, so regular consumption of soft drinks results in an abnormally high sugar intake. While the sugar itself does not directly increase your cancer risk, the excess kilojoules contribute to being overweight and obese, which are known risk factors for bowel, breast, pancreatic and other cancers.

*Tip: A healthy balanced diet, regular exercise and maintaining a healthy body weight are key ways to reduce your risk of cancer and other diseases.*

**We would love to see photos of your healthy BBQ!**

Email them to [QUEST@cancerqld.org.au](mailto:QUEST@cancerqld.org.au) and you could be featured in our next newsletter!