

The Wellstreet Journal

Vol. 6

Los Alamos National Laboratory
Wellness Center and Positive Health Directions

Late Summer 1997

Healthy Eating

Update Your Grilling Techniques to Reduce Cancer Risk

Problem: When meat, fish or poultry is barbecued, 2 kinds of chemicals are formed that can contribute to cancer risk. Polycyclic aromatic hydrocarbons (PAHs) are created when fat drips down onto an open flame. Heterocyclic amines (HCAs) occur when meat, poultry and fish are cooked at high heat until well done.

Solutions:

1. Reduce cooking temperatures and lower cooking time on the grill. Precook before grilling, using the microwave, stove or oven.
2. Don't trade carcinogens for food poisoning - prepare meat, poultry and fish until thoroughly cooked but not charred.
3. Wrap meat in foil for barbecuing. Foil around the food or even placed under the food acts as a shield from chemical carcinogens in the smoke.
4. Use marinades. One study demonstrated a 90% reduction in HCAs in poultry that had been marinated before grilling. If a basting liquid is desired for grilling, set aside a small amount of the marinade before adding raw meat, fish or poultry, or cook some of the marinade in a small saucepan before using to baste.

This recipe adapted from the Beef Council uses a marinade and a thin cut of meat to reduce cooking time.

Thai Beef with Noodles

Prepare marinade: Combine ¼ cup dry sherry, 1 ½ tablespoons soy sauce, 1 teaspoon grated fresh ginger, 1 teaspoon minced garlic, 1 teaspoon Oriental dark roasted sesame oil, and ¼ to ½ teaspoon crushed red pepper pods
1-pound boneless beef top sirloin, cut 1 inch thick
2 cups cooked ramen noodles or linguine
¼ cup each chopped green onion tops and fresh cilantro

Place beef in a dish or plastic bag with the marinade and refrigerate for 15 minutes or up to 2 hours. Pour off marinade and reserve. Grill steak until medium, turning once. Combine 2 teaspoons cornstarch, ¼ cup water and the reserved marinade in a saucepan. Bring to a boil, stirring constantly. Stir noodles into sauce. Carve steak into thin slices and serve over noodles. Sprinkle with the green onion and cilantro. Serving suggestion: steamed pea pods. 4 servings.

Grilled Vegetables

Grilled veggies are a great way to enjoy the taste of summer. They're nearly fat-free (no PAHs formed during grilling), and the antioxidants and phytochemicals in this group of food can help prevent cancer. Vegetables that take a little longer to cook should be steamed or microwaved before grilling (root vegetables, eggplant, etc.). Leafy vegetables, mushrooms, summer squashes and peppers can usually be placed directly on the grill. Rub a little olive oil and favorite seasoning blend on veggies before grilling. Serve with a dash of balsamic or raspberry vinegar.

Stress Buster

Summer is the perfect time to return more play to our lives. In the life and career guidance book *The Three Boxes of Life and How to Get Out of Them*, Richard Bolles reminds us that one of the traps of adult life is the notion that childhood is for play and learning, and adulthood is for work. Get out of the adult box and stay vital with education and play – sign up for a new class, fulfill a wish list item. Spend a weekend enjoying your home as a visitor would. (Which will you remember more 1 year from now? Another weekend of chores, or the weekend you spent doing exactly what you wanted to do?)

Employees Share Experiences with Self-Care Guide

A medical self-care guide, *Take Care of Yourself*, is being distributed over the next few months at group or division meetings as part of the Positive Health Directions program. Employees who have previously used the book include Alice Skehan of EM-ER and Portia Blackman of HR-5 STAFF. Alice remarked that it is a good reference and helps you to determine "how bad is bad." She feels that it is written so that anyone can use it and it is nice to have even if you are generally healthy. Alice and Portia agree that the self-care guide has helped them become better medical consumers. Portia rated the book as very effective and adds that "it puts people more in charge of their health and less dependent on others."

Nominations for Healthy Living

Do you know someone who has made notable healthy lifestyle changes, or who has been instrumental in helping to motivate others? Perhaps a friend has recently begun and continued a regular exercise program, maintained a healthy weight loss, developed effective stress management strategies, reduced cholesterol or blood pressure, or achieved other healthy lifestyle goals. Nominations with a brief script can be sent to wsj@lanl.gov.

Partnership for a Walkable America

The [Partnership for a Walkable America](http://www.tfhr.gov/safety/pedsbike/pedwlk) (<http://www.tfhr.gov/safety/pedsbike/pedwlk>) is a new alliance of public and private organizations, and individuals who are committed to promoting the changes needed to make America more walkable. Objectives include: Improved Safety, Increased Pedestrian Access and Promoting the Health Benefits of Walking. Visit their web site for more information and educational ideas to achieve a walkable community.

Health Happenings

- ☑ The Wellness Center is gearing up for September's Walking Month. This year's theme, *Walking in Good Company*, is full of great ideas from the Walking Magazine incentive program.
 - ◆ COORDINATORS NEEDED! Contact Gail Fox (gfox@lanl.gov or 667-7166) for more information.
 - ◆ Learn an olympic sport that is older than you! The Wellness Center is offering a new class called "Walking Fast and Fit." The four-week, Level II racewalking class will be held from 12:05 to 1 p.m. every Wednesday beginning Aug. 27. Participants meet on the southwest side of the General Warehouse, TA-3, SM-30. There is no fee for the class but preregistration is required; call 7-7166 to register.
- ☑ The 1997 Memory Walk, the only nationwide event for Alzheimer's disease, will be held in Espanola on Saturday September 20. The event raises money to support local programs and services for persons with Alzheimer's disease, their caregivers and family members. Interested participants can register at 8am on Saturday September 20 at the Northern New Mexico Community College. The walk begins at 9am. There will be a celebration at the Espanola Plaza where the walk terminates immediately following. All contributors of \$25.00 or more will receive a T-Shirt. Contact Ruth Gibson at 667-1887 for registration information.
- ☑ The Los Alamos Health Fair, sponsored by the Los Alamos Heart Council and supported by the Los Alamos Medical Center, is scheduled for Saturday October 18 from 9 am – 2 pm in the Los Alamos High School auditorium. Contact Barbara Blair (672-9222 or 661-9101) for more information.
- ☑ [Positive Health Directions](#) is a new health promotion program for Laboratory employees. For program updates and to learn more connect to the home page (address below).

<p>The Wellstreet Journal is a quarterly publication of Positive Health Directions (HR-1) and the Wellness Center (ESH-2). Comments can be sent to wsj@lanl.gov, or Marta Gentry Munger 667-7166 or Jessica Kisiel 665-4368. Positive Health Directions http://www.hr.lanl.gov/html/positive_health/ Wellness Center http://drambuie.lanl.gov/~wellness</p>
