



# SUMMER

## Nutrition E-Bites

*Summer  
2021  
Edition*

### COVID 19 & Dietary Patterns... An interesting read for a summer's day

BMJ Nutrition,  
Prevention & Health

#### **Plant-based diets, pescatarian diets and COVID-19 severity: a population-based case-control study in six countries**

**While many of us (if not all) are feeling the COVID-19 fatigue, it is always interesting to hear and learn more about the studies and research that is evolving during this time and related to COVID-19...especially when food and nutrition is involved!**

One study, recently published by the BMJ peer reviewed journal, set out to discover if certain types of dietary/eating patterns could have an impact on COVID-19 severity, symptoms and illness duration.

Researchers studied a total of **2884 front-line healthcare workers** (physicians + nursing staff) from six countries (France, Germany, UK, USA, Italy, and Spain) who all had significant COVID-19 exposure. Out of the 2884 participants, there was 568 COVID-19 cases.

The study gathered information such as: weight (BMI), pre-existing medical conditions, smoking status, and the topic of interest, their dietary patterns.

The 2884 participants were categorized into **1 of the 3 dietary patterns**, based on the which type of pattern of eating they have closely followed for the past 12 months:

1. ***Plant-based diet***
2. ***Plant-based diet or pescatarian diet (fish/ seafood 3x/week)***
3. ***Low carbohydrate, high protein diet***

**What were some of the main findings of this study?**

- "Individuals who reported following plant-based diets and plant-based diets or pescatarian diets that were higher in vegetables, legumes and nuts, and lower in poultry and red and processed meats, had 73% and 59% lower odds (*lower risk*) of moderate-to-severe COVID-19, respectively, compared with participants who did not follow these diets". <sup>(1)</sup>
- "Compared with those who reported following plant-based diets, those who followed low carbohydrate, high protein diets had higher odds (*higher risk*) of moderate-to-severe COVID-19".

<sup>(1)</sup>

### So, what does this all mean exactly?

This study provided a good insight into which dietary pattern **may** help with the symptom severity of COVID-19. While it is important to critically analyze each study and not draw direct conclusions, it is safe to say that the power of plants shines on!

Vegetables, fruits, plant-based proteins (legumes, nuts, seeds) are filled with nutrients, vitamins and minerals that have many protective effects. If you recall, many of these food items are part the cornerstones to the recognized/recommended dietary patterns for chronic disease prevention and management (such as the [The Mediterranean Diet](#)).

***A good take away message from this study is that incorporating more plant-based foods into your diet is always a positive change!***

Click [here](#) to read the full article

## How are you quenching your thirst?

If you recall, in last newsletter we highlighted tips to keep you hydrated during the summer heat. It's a good time to reflect and see how you are doing so far...

On a hot summer's day, a cold and refreshing alcoholic drink is very tempting. But if you're reaching for a cold beer instead of some water to keep you cool, you likely need to re-think your drink!



Click [here](#) for a great read to remind us why keeping hydrated with water is key, especially during these hot and humid days!

## Grilling & BBQ Season

Is it just me or did the countless Food Network grilling and BBQ

shows/competitions inspire you to take your grilling to the next level this summer?

Being titled the top grill master with your family and friends is quite the accomplishment. But, while you are working on perfecting flavour and taste, don't forget about safety!



Safety, from a nutrition and health perspective, is important when it comes to grilling and BBQing. **How so?**

Research has shown that BBQing can create chemicals, specifically 2 carcinogenic compounds, that may increase our risk for cancer.

- **Heterocyclic amines (HCA's)** are chemicals produced when meat, poultry or fish is cooked using high temperature methods (such as grilling). <sup>(2)</sup>
- **Polycyclic aromatic hydrocarbons (PAH's)** are formed when the fat drippings from meat, poultry or fish come in contact with the fire, causing flames. It is the flames that contain PAH's, which then adhere to the surface of the meat. <sup>(2)</sup>

***There are a few tips and strategies to help minimize the exposure to these carcinogenic compounds while BBQing.***

### **MARINATE THE MEAT**

The American Institute of Cancer Research (AICR) recommends marinating meat, poultry, or fish for at least 30 minutes prior to grilling, as marinated foods reduce the formation of HCA's. Try a marinade with vinegar or lemon juice and any herbs!

*It is important to note: Do not pour the marinade onto the meat while grilling, as this causes flaming.*

### **LOWER THE FLAME & THE TEMPERATURE**

Grill meats, poultry and fish at a lower temperature and over a lower flame. Reduce flare-ups by cutting visible fat off the meat, and moving coals to the side of the grill while cooking in the centre of the grill.

### **USE A GRILLING MAT**

Grilling mats are created for high temperature cooking to reduce the carcinogenic compounds produced. The mats prevent the food from having direct contact with the flame and prevent the carcinogenic compounds to be deposited on our food.

*Be sure to read the instructions and adhere to the temperature guidelines!*

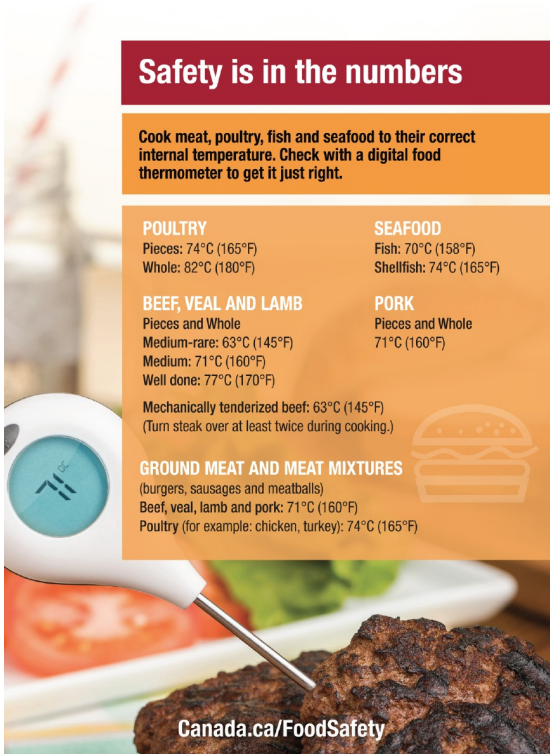
### **REDUCE THE TIME SPENT ON THE GRILL**

Less time on the grill means less exposure!

Try aiming for thinner slices, using skewers or kabobs, or partially cooking

your meat before it gets to the grill!

## And we can't forget about food safety...



**Safety is in the numbers**

Cook meat, poultry, fish and seafood to their correct internal temperature. Check with a digital food thermometer to get it just right.

| POULTRY              | SEAFOOD                 |
|----------------------|-------------------------|
| Pieces: 74°C (165°F) | Fish: 70°C (158°F)      |
| Whole: 82°C (180°F)  | Shellfish: 74°C (165°F) |

| BEEF, VEAL AND LAMB       | PORK             |
|---------------------------|------------------|
| Pieces and Whole          | Pieces and Whole |
| Medium-rare: 63°C (145°F) | 71°C (160°F)     |
| Medium: 71°C (160°F)      |                  |
| Well done: 77°C (170°F)   |                  |

Mechanically tenderized beef: 63°C (145°F)  
(Turn steak over at least twice during cooking.)

**GROUND MEAT AND MEAT MIXTURES**  
(burgers, sausages and meatballs)  
Beef, veal, lamb and pork: 71°C (160°F)  
Poultry (for example: chicken, turkey): 74°C (165°F)

Canada.ca/FoodSafety

As a grill master this summer, be sure to take that extra step and precaution to check the internal temperature of your meat products.

### **DID YOU KNOW:**

**Colour does not always tell you if hamburgers are safe to eat...Ground beef can turn brown before disease-causing bacteria are killed. (4)**

*Click on the image to have a closer look for your internal temperature guide!*



**Tired of grilling the same items over and over?**

Click [here](#) for some grilling inspiration and ideas!

## Healthy Eating & Traveling- The Possibilities

With the lifting of restrictions, travelling and vacationing is on the top of the list for many of us!

It's important to keep in mind that whether it is a day/weekend/or weeklong getaway, a little bit of preparation and planning can help you stay on track, keep healthy and mindful eating at the forefront, without compromising on the fun!



# *Stay Tuned for Summer Fun Recipes (snacks, meals, beverages & more)!*



#### References:

- 1) Kim H, Rebholz CM, Hegde S, et al. Plant-based diets, pescatarian diets and COVID-19 severity: a population-based case–control study in six countries. *BMJ Nutrition, Prevention & Health* 2021;0. doi:10.1136/bmjnp-2021-000272
- 2) Canadian Cancer Society. Reduce your risk of developing cancer by lifting barbecuing, broiling and frying meats. <https://www.cancer.ca/en/about-us/news/ab/2016/cancer-challengers/reduce-your-risk-barbecuing/?region=ab>
- 3) American Institute of Cancer Research. 5 Steps for Cancer Safe Grilling. <https://www.aicr.org/news/five-steps-for-cancer-safe-grilling/>
- 4) Government of Canada. Hamburger safety tips. Retrieved from: <https://www.canada.ca/en/health-canada/services/meat-poultry-fish-seafood-safety/hamburger-safety-tips.html>
- 5) Government of Canada. Infographic: Safety in numbers. Retrieved from: <https://www.canada.ca/content/dam/hc-sc/documents/services/food-nutrition/reports-publications/food-safety/infographic-safe-internal-temperatures/infographic-safe-internal-temperatures-en.pdf>

Inner Health Nutrition Consulting | 8333 Weston Rd, Suite 405, Woodbridge, ON L4L 8E2  
Canada

[Unsubscribe dietitian@innerhealth1.ca](mailto:unsubscribe@innerhealth1.ca)

[Update Profile](#) | [About Constant Contact](#)

Sent by dietitian@innerhealth1.ca in collaboration  
with



Try email marketing for free today!