



Let's BBQ (AKA – where's the beef?)!

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05.18.21

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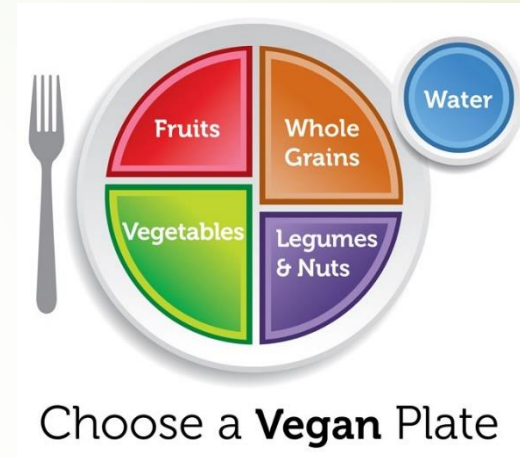


Hot off the Press

- **Association of mushroom consumption with all-cause and cause-specific mortality among American adults: prospective cohort study findings from NHANES III. April, 22, 2021. *Nutrition Journal*.**
- 15,546 participants ,mean age was 44.3 years
- Followed for up to 19.5 years
- Total of 5826 deaths
- Those who consumed mushrooms had lower all-cause mortality than those who didn't.
- Consuming 1-serving of mushrooms per day instead of 1-serving of processed or red meats was associated with lower risk of all-cause mortality
- The more mushrooms people ate, the lower their risk

Where's the Beef?

- Meal planning basics:
 - **Plant protein**
 - Unprocessed carbs
 - Healthy Fats





Why Protein?

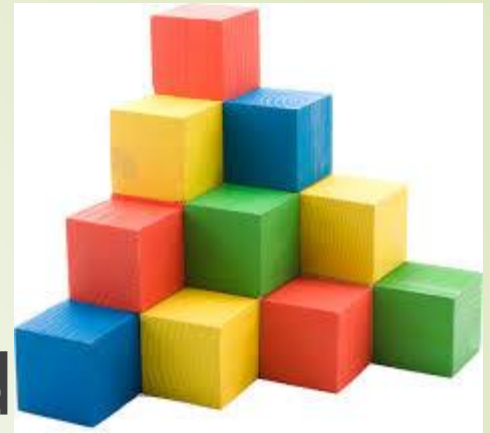
- Essential for body's structure and movement
 - Building & repair of tissues and cells
 - Antibodies
 - Enzymes
 - Hormones
 - Carriers (moves oxygen and electrons)
- Important for weight loss
 - Satiety
 - Preserves lean muscle mass



How much protein do I need?

- 0.8 – 1.0 grams protein per kilogram (OR 0.36 – 0.45 grams per pound)
- Most vegans need about 0.9 grams/kg (0.4 grams/pounds)
- Uses our current/ideal body weight – extra body fat doesn't need more protein
- $200\# \times 0.36 \text{ grams/pounds} = 72 \text{ grams protein/day}$
 - For most, the range is 40-80 grams
 - About 10-20 percent of your calories from protein

Protein quality



- Building blocks of protein are amino acids
 - Animal protein = all of the essential amino acids (now called indispensable)
 - Plant protein = all the essential amino acids, but not all in large quantities
- Combining a variety of plant foods will ensure adequate amino acids
- Beans are low in methionine, grains are low in lysine
- Don't need to combine at same meal

Protein power from plants

- Beans and legumes
 - 7-9 grams/1/2 cup serving
 - Cooked, dried beans
 - Lentils
 - Soy beans
 - Split peas
 - Beans provide the most lysine
- Nuts & Seeds
 - 5-8 grams/1/4 cup serving
 - Nut butters (2 Tbsp serving)
 - Flax/Hemp/Sesame/Sunflower seeds



Protein power from plants

- Grains
 - 2-6 grams/serving
 - Quinoa
 - Oats (oat groats are highest protein of the oats)
 - Wheat & Wheat berries
 - Wheat sprouts
- Veggies
 - 1-3 grams/serving for most veggies



Back to the BBQ...

- Veggies burgers/sausages are easy options (but more processed)
- Make your own veggies burgers
- Tofu (squeeze out the liquid, cut into slices, marinate and grill)
- Tempeh (fermented soy)
- Seitan (wheat meat)
- Portobello mushroom 'burger'
- Veggies
- Pizza or flatbreads
- Jackfruit
- Fruit (doesn't contribute protein, but is tasty)



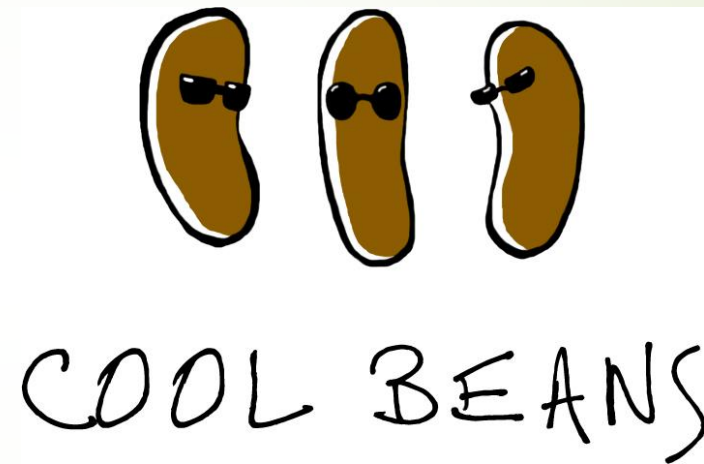


Make your own veggie burgers

- Beans + whole grains + veggies
- For example:
 - Black/kidney beans + oatmeal + brown rice (cooked) + BBQ sauce
 - Sweet potato + garbanzo bean + oats + quinoa

What can you do with canned beans?

- Bean salad
- BBQ beans
- Top a salad
- Add to pasta
- Tacos/burritos
- Bowls
- Soups, chili, stews
- ?????



Pre-made Veggie burgers



An Insanely Good Burger Made From Sanely Good Ingredients – Impossible Burger

Baked BBQ burgers

- Ingredients:
- 2 15-oz cans black beans, rinsed and drained
- 1 15-oz can kidney beans, rinsed and drained
- 1 c rolled oats
- **1 c cooked brown rice – prepare in advance**
- ½ cup barbecue sauce
- 1 Tbsp onion powder



BBQ side dishes with protein power

➤ Beans

- Baked beans
- 3 bean salad
- Cowboy caviar



- Add some broccoli slaw to volumize this awesome bean salad (found in the CWP cookbook)

➤ Dips

- Hummus = beans + tahini (sesame seed paste)

➤ Veggies

- Corn
- Avocado
- Mixed veggies/potatoes (cook potatoes in microwave a little first)



Fun things to grill that aren't protein powerhouses

- Fruit
 - Pineapple
 - Peaches/nectarines/plums
 - Watermelon
 - Fruit kebabs
- S'mores
- Portobello mushrooms (marinate first – make great 'burgers')
- Quesadilla
 - Instead of cheese, use hummus or bean spread as the spread with a bunch of veggies
 - Dessert quesadilla: spread PB on tortilla, top with sliced banana and vegan mini chocolate chips, fold tortilla in half and lay on grill pan



Helpful BBQ Tools

- Besides the grill, tongs and spatula-
- BBQ Wok
- BBQ flat grill
- Pizza grill pan
- Quesadilla grill pan





Protein – bottom line

- It is easy to get enough plant-powered protein
- Choose whole, real foods
- Get a variety of plant foods throughout the day
- Choose 3-4 servings of protein food daily:
 - ½ cup cooked beans
 - ½ cup tofu or tempeh
 - ¼ cup peanuts
 - 1 cup soymilk
 - 2 tablespoons peanut butter



BBQ Bottom line

- Veggie 'meats' are an option
 - Make your own or buy pre-made for healthiest options
- Add healthful sides
 - Beans
 - Grilled veggies
 - Dips with veggies or crackers
 - Salads
- Have grilled fruit for dessert (unless you are going for the s'mores)

What will you BBQ this week?





What's on the grill today?

- Grilled veggies
 - Grilled corn
 - Tofu/pineapple skewers
 - Quesadilla: hummus + grilled veggies
 - Carrot 'dogs'
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