

Let's BBQ (AKA – where's the beef?)!



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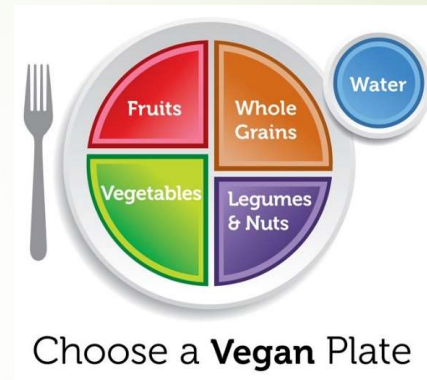


Hot off the Press

- ▶ Dietary Meat, Trimethylamine N-Oxide-Related Metabolites, and Incident Cardiovascular Disease Among Older Adults: The Cardiovascular Health Study1 Aug, 2022. Wang, Meng et al. *Thrombosis, and Vascular Biology*. 2022
- ▶ N= 3,931, Age 65 and up, tracked for up to 26 years
- ▶ 22% higher risk of heart attack or stroke for every daily serving of red meat
- ▶ Not related to elevated cholesterol
- ▶ Linked to elevated TMAO – created by gut microbes digesting red meat, dairy, eggs – as results of breaking down L-Carnitine (amino acid in meat)
- ▶ TMAO leads to inflammation & blood clotting
- ▶ High blood sugar also increase risk – higher iron linked with diabetes

Where's the Beef?

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





Why Protein?

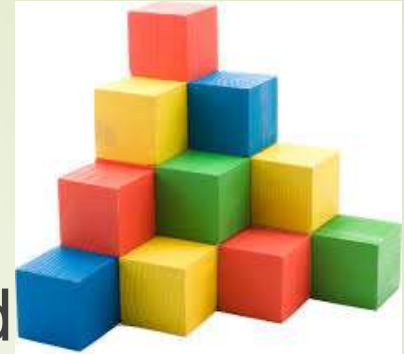
- ▶ Essential for body's structure and movement
 - ▶ Building & repair of tissues and cells
 - ▶ Antibodies
 - ▶ Enzymes
 - ▶ Hormones
 - ▶ Carriers (moves oxygen and electrons)
- ▶ Important for weight loss
 - ▶ Satiety
 - ▶ Preserves lean muscle mass



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 acid
 - 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)



vegan bbq ideas

@plantyou



veggie skewers



grilled corn



portobello steaks



grilled watermelon



grilled eggplant



veggie burgers



grilled potatoes



grilled pineapple



bbq tofu steaks

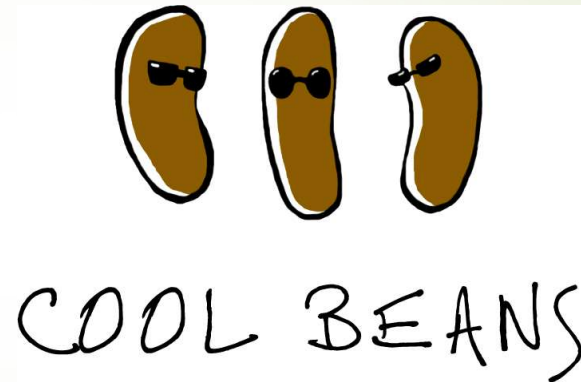


Make your own veggie burgers

- 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 Sanelly Good Ingredients – Impossible Burger



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?

- Tofu skewers
- Grilled broccoli/mushrooms



- <https://www.instagram.com/p/CBtDqNXHiNJ/> - another idea – grilled burrito