



HEALTH CAPSULE | No.54 | 2017

Cheers to healthy grilling!

The sunny days, the colourful and refreshing citrus beverages, the delicious flavours filling the air from outdoor grilling... this summer, enjoy the pleasures of barbecue in complete safety.

Tips and tricks

Beware of charred foods

One of the risks of barbecuing is charred foods. This occurs when saturated fats (from red meat) drip on briquettes and causes the release of harmful gases and potentially cancerous substances that settle on the food.



- Before cooking, make sure to keep your grill grate clean and free of residue. To do so, preheat the BBQ at a high temperature and scrape off the grate with a brush.
- Avoid direct contact between the food and the grill. Cover the grill with aluminum foil or wrap the food with foil.
- Limit barbecue cooking time by preparing your food in smaller pieces or pre-cook your food.

Don't overeat

Avoid excess weight and food imbalance from eating too much red meat containing large amounts of bad fats. Opt for cuts of lean meats, poultry, fish and vegetables.

Avoid cross-contamination

Avoid potential cross-contamination and the risk of foodborne illness.

- Buy refrigerated food. For long trips, make sure to carry a cooler.
- Keep raw meats away from other foods, such as vegetables. Pack and wrap meats separately using plastic bags so that juices don't leak out onto other foods.
- Don't use leftover marinade, which has been in contact with raw meat, on cooked food.
- Remember to keep food out of the temperature danger zone of 4°C to 60°C (40°F - 140°F). Bacteria can grow in this temperature range. In as little as two hours in this range, your food can become dangerous.

Sources:
- Health Canada: food safety tips for barbecuing
- orangesante.com
- extenso.org

Did you know?

On July 16th - 29th, the Lifesaving Society organises the **National Drowning Prevention Week**.
To know more: lifesaving.ca



What's the difference between **811** and **911**?

If someone's life is in danger, call **911** immediately.

Here's what to do when dialling 911:

- Remain calm.
- Stay as close as possible to the person in distress.
- A 911 attendant will ask you questions to assess the situation and contact the appropriate department. Answer clearly.
- Follow the attendant's instructions while you wait for help to arrive. Your assistance can make a difference!
- Stay on the line until all instructions have been given and all the questions asked. Don't hang up until you are told to so.



In case of a non-urgent health issue, dial **811**.

Info-Santé 811 is a free and confidential telephone consultation service, available 24 hours a day, 365 days a year. Calling 811 allows you to speak with nurses who are there to give advice and answer health-related questions. They may also direct you to a resource from the health network. Calling 811 often helps avoid unnecessary visits to a medical clinic or emergency room.

Examples of situations in which you can call Info-Santé 811

- Your child wakes up with a high fever and you are wondering if you should take them to the emergency;
- You don't know what to do to relieve itching and swelling caused by an insect sting, bite or wound;
- You have questions regarding health network resources.

Source: urgences-sante.qc.ca

Five great reasons to drink water

Humans can survive without food for weeks but can't survive without water for more than three days. Water is vital to us! Below are five reasons to drink water and stay hydrated:

1. Water maintains body temperature.
2. Water has an essential role in breaking down food to absorb the nutrients.
3. Water helps flush out waste and toxins.
4. Water protects and acts as a cushion between cells, muscles and joints.
5. Water helps improve digestion.

Source: healthycanadians.qc.ca



Tips to drink more water!

- Eat foods that contain lots of water, like vegetables and fruits;
- Drink water with your meal;
- Wherever you go, carry a bottle and fill it with water;
- Add a little variety! Have sparkling water or add slices of lemon, lime, orange or cucumber.