

# 20 Tips for The Healthiest Summer Barbecue!

## 1 Encourage Smaller Portions

Be sensible about serving sizes. Instead of grilling extra-large burgers, cook smaller burgers to promote portion control. For chicken kabobs, use smaller pieces of meat and alternate with vegetables. Cut sausages in half instead of grilling them whole.



## 2 Grilled Vegetables

Marinate vegetables for about an hour before putting them on the grill. When you cook them directly over medium heat and turn them frequently, they usually are done within 10 minutes. Delicious ones are large Portobello mushrooms, eggplant, zucchini and asparagus.

## 3 Choose The Leanest Cuts of Beef & Pork

Any cuts from the loin are considered lean. Try a pork tenderloin or beef sirloin for some lean red meat options.

## 4 Offer Vegetarian Options

Grill a few flavorful black bean burgers and vegetable kabobs.

## 5 Swap Mayo for Greek Yogurt

Greek yogurt is a light alternative to regular mayonnaise. When making potato salads or other dishes, try Greek yogurt instead of mayo or use half mayo/half Greek yogurt.

## 6 Limit Processed Meats

Hot dogs, sausages, bacon, and ham are examples of processed meats which have been linked to increased colorectal cancer risk. Try to limit these items.



## 7 Grilled Fruit for Dessert

Grilling caramelizes the natural sugars in fresh fruit. Some favorite fruits to put on the grill are peaches, plums, and pineapple.

## 8 Up The Omega 3s.

Fish can grill up beautifully and provides a healthy dose of omega-3 fatty acids. Try salmon, swordfish or tuna steaks for easy grilling. Add

some walnuts to a large green salad for more of an omega-3 boost.



## 9 Offer A Large Veggie Crudité (Raw Veggies!)

Have a variety of fresh vegetables out during the entire barbecue. Most kids like cucumbers, red peppers, carrots and grape tomatoes. For young children, steam carrot sticks and small broccoli “trees” for just a few minutes, so they can eat them easily, and you don’t have to worry about them choking. Serve with hummus or homemade guacamole.



## 10 Get Outdoors & enjoy the weather. Plan a family hike or trip to the beach.

## **L1** Flavor Up Lean Meats

Marinate them for 24 hours to enjoy delicious flavor without any extra fat. Lower-fat marinades with acid ingredients can help break down the tough fibers in meats as well.



## **L2** Avoid Charring.

Well-done meats cooked at high temperatures have cancer causing substances. Avoid charring meats and start by trimming visible fat. Add vinegar or lemon juice to marinades to protect the surface of meat.

## **L3** Take The Skin Off

Half of the saturated fat in chicken comes from the skin. If you cook with the skin on and then take it off at the dinner table, you'll lose the flavor from your marinade and seasoning. Take the skin off before preparing the chicken and marinate it for at least two hours in the refrigerator.

## **14** Swap Out Soda for Flavored Seltzer

If you still need that carbonated kick, opt for flavored seltzer water. There are a ton of new brands now selling all different varieties of flavored seltzer or sparkling water.

## **15** Ditch The Bun

Top your own salad with some fresh grilled protein instead using a bun. You can even serve some burgers in large collard green wraps for a healthy alternative.



## **16** Stay Hydrated

When you're busy running around and enjoying the barbecue, it can be easy to forget about hydration. Make sure you either carry a water bottle with you or keep a few water pitchers out during the day.

## **17** Offer A Few Salads

Have some refreshing side dishes. Start with a big green salad filled with avocado, cucumbers, tomatoes, peppers and fresh fruit. Offer a southwest-style quinoa salad with grilled corn. Try a pasta salad with feta, basil, artichoke hearts, cucumbers, and tomatoes.

## **18** Grilled Sweet Potato Fries

Instead of regular French fries, cut up sweet potatoes into long wedges and throw on the grill. Season with garlic and spices for a delicious flavor.

## **19** Indulge Sensibly

Some of your favorite foods may only come around once a year. If there is a dish that you absolutely love, try to indulge in a sensible way and focus on moderation.



## **20** Protect Your Skin

Protect your skin by applying sunscreen or moisturizer with SPF.