

Have a Healthy Summer Barbecue

Break away from the traditional high-calorie barbecue foods with these healthier alternatives.

- Grill fish and shrimp
- Grill lean ground turkey breast or veggie burgers in place of ground beef
- Marinate vegetables in low-fat salad dressing and grill them on a skewer

Typical Summer Barbecue

- 2 12-ounce soft drinks: 288 calories
- 2 ounces chips: 300 calories
- ½ cup dip: 240 calories
- 8-ounce steak: 1,000 calories
- 1 cup potato salad: 300 calories
- 1 cup coleslaw: 175 calories
- 4-ounce brownie: 500 calories
- **TOTAL: 2,803 calories**

Healthier Summer Barbecue

- 2 diet soft drinks: 0 calories
- 1 cup carrots: 45 calories
- ½ cup low-fat spinach dip: 80 calories
- 8-ounce fish fillet: 280 calories
- 1 cup broccoli: 55 calories
- 1 ear corn (on the cob): 100 calories
- 2 cups watermelon: 120 calories
- **TOTAL: 680 calories**

Choosing healthier summer barbecue food options saves you 2,123 calories! Plus, the healthier menu contains less fat and provides the recommended five servings of fruits and vegetables.