## **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 calories1 cup carrots: 45 calories

• ½ cup low-fat spinach dip: 80 calories

8-ounce fish fillet: 280 calories1 cup broccoli: 55 calories

1 ear corn (on the cob): 100 calories2 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.