

## How to Have a Healthy Barbeque

### 1

#### START WITH A HEALTHY SIDE

Mayo-based potato and macaroni salads are frequent picnic guests, but their high calories can derail your diet. Try to limit these salads to a ½ cup (about the size of a tennis ball) or switch to a healthier alternative (examples below).

**Try a slaw instead:** Coleslaw has 50-75% fewer calories than potato salad (400 calories/cup) and macaroni salad (500 calories/cup). You can also experiment by varying the ingredients in your slaw:

- Make a cabbage and red pepper slaw with vinegar and a little olive oil or substitute low-fat Greek yogurt for some of the mayo in a traditional coleslaw recipe.
- Try using different vegetables, such as fennel or grated carrots, instead of cabbage in slaw recipes to add variety to your cookout.

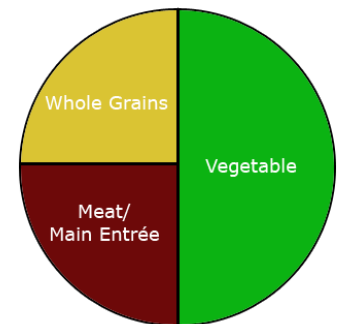
**Make your salad ‘whole’:** Use a whole grain in starch-based salads to increase the fiber and disease-fighting properties of your meal. You could use whole wheat pasta, if making macaroni salad, or try a different whole grain all together:

- Bulgur, quinoa and lightly pearled barley are quick-cooking grains that make great cold salads.
- Try making a wheat berry, wild rice, or hulled barley (barley with the bran still on) salad; these grains take longer to cook (about an hour) but their nutty flavors pair well with fruit and vegetables.

### 2

#### BALANCE YOUR PLATE

If having a high-fat meat (e.g. burger, hot dog, pulled pork or ribs) balance it out by including fiber-rich sides: aim for ½ your plate to be vegetables (or fruit) and include a whole grain, if possible. This will help with portion control without leaving you feeling deprived.



#### Tips to balance your plate:

- Have a side of raw vegetables with reduced-fat ranch dressing or hummus.
- Offer to bring tossed salad to parties to ensure a vegetable option is always available.
- Look for bread products (e.g. hamburger buns or hot dog rolls) with 3 grams fiber or more.
- Thinking about seconds? Go back for more vegetables or fresh fruit first.

### 3

#### KNOW YOUR BEEF

Fish and chicken are wonderful lean proteins to grill, but if you are craving beef it helps to know which cuts to select. Below are lean beef options that are great for grilling. The shoulder and hind areas of the animal are very muscular, so certain cuts from these parts benefit from being marinated before grilling.

**From the loin:** T-bone steak; top loin steak; tenderloin steak; tri-tip roast; tri-tip steak; top sirloin steak

**From the chuck:** shoulder center “ranch steak”; shoulder petite tender; shoulder steak (marinate)

**From the round:** sirloin tip center steak; eye round steak (marinate); bottom round steak “western griller”(marinate); top round steak (marinate); sirloin tip side steak (marinate)

**From the flank:** flank steak (marinate)

