



Summer Time = Barbeque Time

While outdoor cookouts are a great opportunity to relax and visit with friends and family did you know that the average barbecue meal exceeds 1500 calories? That's almost an entire day's worth of calories in one meal.

That can really added unwanted inches to your waist line over the course of the summer.

The good news is that barbecue season doesn't have to be fattening. In fact, with **a few small changes to your barbecue menu you can turn summer into the perfect opportunity for weight loss.**

So before you slather on the sun screen and fire up your grill, read the following tips to lighten up this summer.

On the Grill: Believe it or not, grilling is actually a very healthy way to cook meat. Of course the type of meat that you choose will make all of the difference. Burgers and hot dogs are traditional barbecue meats, though they aren't the healthiest. Try the following:

- Choose lean cuts of beef, pork or poultry
- Marinade with low fat dressing
- Make hamburgers with extra-lean ground beef
- Take the skin off chicken before grilling
- Replace beef patties with ground turkey patties
- Grill up salmon or cod
- Forego the meat and grill veggie burgers



Side Dishes: This is where most people run into trouble. Barbecue side dishes are typically filled with one thing - fat. Creamy coleslaw and potato salads can hold as much as 15 grams of fat per serving. Try the following:

- Make veggie kabobs and grill them
- Replace the mayo in your salads with low-fat mayo
- Serve fresh salad with light vinaigrette
- Try whole-grain macaroni for your pasta salad
- Grill up corn on the cob
- Put out a veggie tray with low fat dip
- Place veggies in aluminum foil – fold into pocket and steam on grill

Drinks: Most people don't realize that beverages play a big role in summer weight gain. Margaritas, beer, soda pop and punch all contain tons of empty calories. Try the following:

- Drink water, it is always your healthiest option
- Stick with light beer (if you really want to drink beer)
- If you have to have a soda pop stick with diet
- Brew unsweetened ice tea and serve with lemon