

# Grillin' Summer Fun!

It's time for outside grilling and al fresco eating! Whether it's a small gathering in the backyard or a large picnic with family and friends at a community park, a BBQ is the way to go! Muster up those herbs and spices from your pantry and follow a few of our other tips for great grillin' fun this summer.

## What's a BBQ Without the Burger?!

- Look for 95% lean beef or enjoy a grilled chicken breast burger; add your own seasonings, such as chopped onions, garlic, or other fresh herbs and spices to enhance your burger with rich flavors without added sodium.
- Grill Omega 3-rich salmon or tuna steaks for heart healthy grilled taste.

## Sides Without the Guilt

Enjoy fiber- and nutrient-rich sides such as:

- Try whole corn flavored with herbs, spices, and vitamin C-rich diced bell peppers or even try grilling corn on the cob right in the husk.
- Grill a variety of fresh vegetables lightly marinated in olive oil, herbs, and spices.
- A vegetable or fruit salad can be a tasty and cool addition to any BBQ entree.

## Condiments to Watch

If you're not careful, condiments can add unwanted calories, so:

- Choose low-fat mayonnaise and salad dressings.
- Try avocados, mushrooms, red onions, dark green lettuce, and delicious red tomato slices to top your burger, which will add tasty nutrients and fiber that counts.

## Think about Your Drink

Although water is always the best source for hydration, other healthy options can help you stay hydrated during the summer months.

- Try light iced tea or lemonade.
- Add fresh squeezed lemon or lime juice to water for a little zip!
- Many fruits and vegetables have a high water content, which can help you stay hydrated. Try watermelon, oranges, eggplant, cauliflower, and tomatoes.

So before you light up that grill, look for the following Keys to Better Health™ while shopping:

- Low Sodium
- Heart Health
- Whole Grain
- Sugar Savvy

And have enjoyable and healthy grillin' summer fun with your family and friends!

