

Smart Grillin'

This year choose some healthier foods while enjoying the summer!

Eat this!

- Grilled vegetable kebab with your choice of vegetables and marinade



Try to limit the amount of excess calories by substituting dishes that normally are highly caloric with dishes that are leaner and contain more nutrients.

- Grilled turkey or soy burger
- Grilled fish, shrimp, or chicken



Instead of...

- Potato salad, chicken salad, or any other dish heavy in mayonnaise



- Pre-made grocery store hamburgers
- Steak



When it comes to burgers and steak, red meat comes with the price of excess fat. Try to replace these dishes with leaner meats and proteins.

- Grilled pineapple



- Ice Cream, brownies, or cake



Instead of grabbing foods high in added sugar for dessert, keep the grill fired up and throw on some pineapple. Pineapple is high in vitamins and natural sugars to make a healthy sweet treat.