

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

MAINTAINING WEIGHT DURING BBQ SEASON

BBQ SUMMER SEASON

Summer is synonymous with grilling for many American families, and why not? When the weather is warm, we spend more time outdoors and try to stay out of the hot kitchen. With increased daylight, our evenings tend to seem a little less jam-packed with activities than usual.

These are all great reasons to look to the barbecue for dinner inspiration. Before you dust off that grill, here are some tips to help you enjoy the BBQ season while keeping your dinner and your waistline lean and healthy.

SAUCES AND MARINADES

Nutritional breakdown of favorite ingredients for sauces and marinades:

Worcestershire sauce:

Serving Size: 2 tbsp, Calories: 26, Fat: 0g, Carbs: 6g, Protein: 0g, Sodium: 334mg

Chili sauce: (Frank's Red Hot)

Serving Size: 2 tbsp, Calories: 70, Fat: 0g, Carbs: 17g, Protein: 0g, Sodium: 460mg

Original BBQ Sauce: (KC Masterpiece)

Serving Size: 2 tbsp, Calories: 60, Fat: 0g, Carbs: 15g, Protein: 0g, Sodium: 240mg

BBQ Sauce: (Famous Dave's Devils Spit)

Serving Size: 2 tbsp, Calories: 50, Fat: 0g, Carbs: 12g, Protein: 0g, Sodium: 350mg

POTENTIAL CANCER RISK AND GRILLING

Here are a few grilling suggestions to reduce your cancer risk:

- Flip the meat on the grill often. This will help reduce the amount of carcinogens that are potentially deposited on the meat.
- Select leaner cuts, and trim any visible fat to prevent dripping fat from causing flare-ups, which may deposit carcinogens on the meat.

HEALTHY IDEAS FOR BBQ GRILLING

- ✓ Grill a variety of vegetables such as asparagus, mushrooms, eggplants, onions, peppers, and zucchini slices. Grilled vegetables are great on kabobs with lean cuts of meat.
- ✓ Remove all skin from chicken:

4 ounces of roasted chicken breast WITH skin contains 223 calories, 8.8 grams of fat, and 2.5 grams of saturated fat.

VS.

4 ounces of roasted chicken breast WITHOUT skin contains 187 calories, 4 grams of fat, and 1.2 grams of saturated fat.

- ✓ Try lean cuts of beef and pork, trim off visible fat before cooking:

A 4-ounce serving of a higher fat steak (Porterhouse), broiled with 1/8-inch trim of fat, contains 337 calories, 25 grams of fat, and 10 grams of saturated fat.

VS.

A leaner steak (top sirloin), trimmed of visible fat and broiled, contains 240 calories, 11 grams of fat, and 4 grams of saturated fat per 4-ounce serving.



- ✓ Avoid grilling processed meats like hotdogs, sausages and other deli meats. Use leaner cuts of meats like chicken, fish, and turkey for summer BBQs.

TIPS FOR MAINTAINING WEIGHT DURING BBQ SEASON

- Stay active, participate in summer fun activities like swimming, frisbee, jogging, walking, hiking, or other outdoor activities for 20-30 minutes most days of the week.
- Try whole wheat versions for hot dog and hamburger buns. The added fiber may help to keep you fuller longer.
- Load your plate up with seasonal fruits and veggies.
- Use smaller portions and serving sizes, for example use 1/4 pound burgers (made with extra-lean ground sirloin) instead of 1/3 or 1/2 pound patties. Use small pieces of meats in kabobs and alternate with grilled vegetables.
- Use mustard instead of mayonnaise for potato salad and/or macaroni salads. 1 tablespoon of yellow mustard is 11 cal.



HEALTHY BBQ RECIPE

Neely's BBQ Sauce Recipe

Ingredients:

- 2 cups ketchup
- 1 cup water
- 1/2 cup apple cider vinegar
- 5 tablespoons light brown sugar
- 5 tablespoons sugar
- 1/2 tablespoon fresh ground black pepper
- 1/2 tablespoon onion powder
- 1/2 tablespoon ground mustard
- 1 tablespoon lemon juice
- 1 tablespoon Worcestershire sauce

Directions: In a medium saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to low and simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes.



RESOURCES

www.mayoclinic.com

www.beverageinstitute.org

www.craighospital.org

For More Information visit
www.WellnessCoachesUSA.com