



# Healthy BBQ Tips & Tricks

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# Healthy BBQ

BBQ's are no longer just for the Aussies the UK is fast becoming a nation of charcoal flavoured food lovers!

The average British family holds or attends approx. 9\*<sup>1</sup> BBQ's each year! Not bad for our limited days of so called summer. 2 in every 3 households have a BBQ in their back garden, making it an industry worth over £150 million! \*<sup>1</sup>

Trends in BBQ foods have changed over time. We are seeing more experienced BBQ chefs making pulled pork, brochettes stuffed with salad, and fresh fish styled outdoor dining compared to pre-prepared burger and bun. This is an influence from the USA. \*<sup>1</sup>

With temperature at an all-time high we understand you want to celebrate the sun by spoiling yourself on a barbie. Discount Supplements nutritionists have devised a set of tips and tricks to help you make healthier choices at any BBQ event!

## Stick it!

Update the 80's cheese and pineapple on a stick with the 'meat and veg stick' - the new BBQ trend setter.

Meat on a stick is a great means of portion control. Some small cuts of chicken, beef and then some roasted veg on a skewer is easy finger food for your guests.

## Too many buns

Want to make sure you do not over do the carbs?

Substitute potatoes with some healthy alternatives like sweet potato and bitternut squash. Much kinder on the waistline.



# 8 Quick Tips

1. BBQ food tends to be buffet style and keeping track of how much you have eaten is not easy. Try and stick to a simple rule, use a smaller plate like a party plate or side plate. Limit the number of times you visit the buffet and remember some basic portion size guides (see below)

<p><b>TENNIS BALL</b></p>  <p>Carbs like potato (mash, salad), pasta and bean salads should be around this size for one portion</p>	<p><b>SMARTPHONE</b></p>  <p>Protein should be a deck of cards or smartphone size. This is approx. 3 oz. It can be chicken, beef, fish or quorn.</p>	<p><b>THUMB</b></p>  <p>Dressings, spreads and sauces like mayo, salad dressing, etc. Equates to approx. 50-100 cals</p>
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2. Ensure the main part of your BBQ meal is salad. Include variety in taste and colour to keep it interesting and not just green leafy salad vegetables.
3. If you want it have it first! If you have been craving a nice juicy burger or piece of grilled chicken then jump in and have this before anything else on the menu. If you have what your heart desires first you won't compensate by over eating other foods.
4. Drop the bun. If you can, and if bread is not really your thing then do without the heavy burger buns and rolls and just go straight for the filling. Alternatively try a lighter substitute wrap like a tortilla.
5. You don't just roast or grill the meat. Lots of vegetables taste completely different when cooked on the BBQ, try alternatives like corn on the cob, asparagus, mushrooms, peppers, and even some cheeses like halloumi.
6. If the BBQ has prepared salads like potato or bean salad try to choose more vinegar based salads then mayo to reduce calories.
7. Keep desserts light! Fruit is so much nicer when the sun is shining. Drop the comfort heavy deserts and opt for fruit based, fresh and water based desserts. You can mix sorbets and frozen fruit.
8. When you are done eating work it off! Take advantage of the sun and play a ball sport, or game of tag. Even take a nice walk.

Top Buys:



Walden Farms Near Zero Calorie Veggie Dip



Care Free Sauce



Walden Farms Near Zero Calorie Mayo