

7 tips for a healthier barbecue

1. Cut down on the fat

- Try minute steaks, lean meat kebabs or skinless chicken or vegetable burgers.
- Remove any visible fat from meats before cooking.
- If using sausages and patties, ask your butcher for reduced-fat and reduced-salt options (less than 5g per 100g).

2. Choose healthier cooking oils

- Use healthier plant oils such as canola or olive oil and limit use.
- Use spray to manage quantity.



3. Add vegetables and fruits

- Corn on the cob is very popular among all age groups.
- Always serve salad items such as sliced tomatoes and lettuce on bread options (e.g. burgers and steak sandwiches).
- Add grated vegetables to lean meat patties – it can bulk up the serve and reduce the overall cost.
- Sliced watermelon is another popular item where a little goes a long way.

4. Swap the seasoning

- Use herbs and spices to flavour meats instead of salt.
- Use salt-reduced foods such as sauces and dressings (also check sugar content on dressings, especially low-fat options).

5. Provide water

- Water is the healthiest drink for people of all ages and is the best drink to quench thirst. Drinks such as fruit drink, soft drink, flavoured milks and energy drinks generally have a lot of sugar and little or no nutrition.

6. Provide better bread

- Use wholegrain breads, rolls, pitabread, English muffins, instead of plain white varieties.

7. Make healthy eating easy

- People generally enjoy eating tasty healthy foods, however, if other more familiar foods are also available (eg. sausages and other fatty meats), these will remain popular. Support healthy eating by making the healthier options the only options.

Resource



Use the Australian Guide to Healthy Eating as a reference for providing healthy eating options.

Visit eatforhealth.gov.au

For a copy of our Healthy Barbecue Guide go to our website at wodonga.vic.gov.au/healthytogether or phone (02) 6022 9300.