



Welcome to BBQ season

The start of summer can only mean one thing...
time to break out the grill!

There's nothing quite like the smell, taste, and flavors that come with a BBQ feast. Try these 4 tips to keep your BBQ plate full of flavor and nutrients.

Stick with lean proteins

Sirloin steak, skinless chicken breast, pork tenderloin, seafood or tofu are great choices.

Avoid side dishes that are fried

Instead, load up on sides like collard greens, beans, salad, and succotash which are full of fiber and will keep you full longer.

Go lighter on the BBQ sauce

It's usually sweetened with sugar, molasses or both.

Swap the lemonade for an unsweetened iced tea

Lemonade may be a staple at BBQs but it's not the only summertime drink! Try keeping the sugar for dessert only.

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