

## Healthy Measures: It's BBQ Season

It's finally that time of year again and along with warmer weather comes outdoor cooking.

[Food safety](#) is first and foremost when it comes to barbecuing and there is an increased need for awareness of safe food handling practices. To keep you and your family safe and healthy, remember to thoroughly cook foods, keep hot food hot, cold foods cold, and use proper food handling techniques.

Another important consideration for the barbecue season is healthy eating. Barbecuing is a flavourful and low-fat way to prepare a variety of healthy foods. When it comes to barbecue foods, think beyond hamburgers and hot dogs – be adventurous and try something new!

### Healthy BBQ tips:

- Opt for leaner cuts of meats and pork, such as strip loin, sirloin, T-bone, flank, eye of round, tenderloin and pork chops. Poultry, fish, tofu and vegetable burgers are also very good choices.
- When possible, trim away visible fat from meat before cooking and remove the skin from poultry
- Choose high-fat foods like chicken wings, ribs and sausages less often
- To prevent sticking during cooking, lightly brush or spray on a small amount of oil before placing the food on the grill
- Be watchful of portion sizes. According to [Canada's Food Guide](#), a serving of meat is 2 ½ ounces (75 grams) which is about the size of a deck of cards.
- Flavourings can also be used to enhance tastes. Try chopped garlic, ginger or rosemary for meats and vegetables and cinnamon, honey or nutmeg for fruits.
- A sure way to get your recommended number of servings of vegetables and fruit a day is to include them in your barbecue. Vegetables, such as eggplant, sweet potato, zucchini, bell peppers, corn-on-the-cob and mushrooms are great on the grill.
- Prepare fruit such as pineapple, peaches, apples, apricots and pears on the barbecue – it's a great way to end a meal

**If you have questions on nutrition or healthy eating**, call *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

## Healthy Measures: Eat Well, Be Active and Be Yourself!