

Fourth of July BBQ

Tips for Healthy BBQ Eating

◆ DON'T COME TO THE PARTY HUNGRY

People think they will save on calories if they don't eat until the party. This can lead to over eating and excessive grazing. Eat as you normally would before the party begins. This will also help keep your metabolism stable during the day.

◆ SCOPE THE SPREAD

Before getting in line for food, look over all the choices. This will help you decide what looks best. Be sure to pick a variety of foods like lean protein, fruit and vegetables and avoid picking all carbohydrate items.

◆ PAY ATTENTION TO PORTIONS

After scoping out the options use a small dessert size plate and pick those 3-4 options you wish to try first. This will keep you from over loading your plate with too much food.

◆ MINDLESS MUNCHING

Avoid grazing through the potluck. These calories can add up quickly. Once you have your first round of food, move to another area of the party to socialize and eat your meal. If you still feel hungry after your first plate, wait 20 minutes and if still hungry get a second round.

◆ STAY HYDRATED

Drink plenty of water during your summer parties. Watch your soda and alcohol intake. This is going to fill you up with empty calories and will also increase the risk of dehydration. Plan to have water in between drinks to stay hydrated.

Summer BBQ Recipe

CALIFORNIA GRILLED CHICKEN

INGREDIENTS

3/4 c. balsamic vinegar
1 tsp. garlic powder
2 tbsp. honey
2 tbsp. extra-virgin olive oil
2 tsp. Italian seasoning
kosher salt
Freshly ground black pepper
4 boneless skinless chicken breasts
4 slices mozzarella
4 slices avocado
4 slices tomato
2 tbsp. sliced basil
Balsamic glaze, for drizzling



DIRECTIONS

- ◆ In a small bowl, whisk together balsamic vinegar, garlic powder, honey, oil, and Italian seasoning and season with salt and pepper. Pour over chicken breasts and marinate 20 minutes.
- ◆ Heat grill to medium high. Grill chicken until internal temperature reaches 170°F on an instant-read thermometer.
- ◆ Top chicken with mozzarella, avocado, and tomato and cover grill to melt, 2 minutes. Garnish with basil and drizzle with balsamic glaze.

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Staying Active During the BBQ

HAVE GAMES & ACTIVITIES DURING THE PARTY

These do not need to be strenuous, but at least it pulls you away from the chips and dip for a little while!

- ◆ Corn-hole
- ◆ Ladder-ball
- ◆ Football
- ◆ Team scavenger hunt
- ◆ Baseball
- ◆ Evening walk with the group
- ◆ Volleyball
- ◆ Swimming
- ◆ Soccer

