



FOOD IDEAS FOR A HEALTHY BBQ

Hosting a healthy BBQ is easy with the below meal ideas. Contact local businesses about providing healthy food/drinks or other items for your BBQ if it's a community event. If guests are bringing their own food/drinks provide them with the following healthy ideas.

Don't forget to carry all food items in an insulated container like an esky or cooler bag to keep food safe.

Ideas for the BBQ:

- Lean meat cuts
- Lean chicken
- Vegetable kebabs
- Fish – grilled or cooked in a foil pouch
- Make your own lean chicken or mince rissoles
- Make your own lean meat kebabs and add capsicum, pineapple and cherry tomatoes

Use herbs, spices or marinades to flavour these items.

To complete your meal add:

BREAD, RICE OR PASTA

- Wholegrain or wholemeal bread, rolls or wraps
- Homemade fried rice, rice salad, risotto
- Pasta salad, pasta with a pesto sauce, pasta bake
- Couscous

SALAD AND VEGETABLES

- BBQ vegetable salad such as eggplant, capsicum, corn, mushrooms and pumpkin
- Potato salad with a low fat dressing
- Garden salad
- Corn cob cooked on the BBQ
- Use capsicum, zucchini, pumpkin, eggplant, cabbage and lettuce leaves as edible containers with savoury fillings

FRUIT

- Fresh fruit platter with fruits that are in season
- Fruit kebabs with reduced fat yoghurt dipping sauce
- Freeze bananas, grapes, strawberries and oranges for an icy treat. Thread these onto skewers to eat like an ice cream
- Bowls of berries make for great nibbles as guests arrive

DAIRY

- Low fat cheese or cheese spread
- Low fat yoghurt to go with your fruit choice
- Yoghurt dressing to go with a salad
- Place some low fat fetta or ricotta inside mushrooms and cook on the BBQ

Serve a platter made with reduced fat cheeses, raw nuts and fruit instead of the traditional chips and lollies.

FUN GAMES AND ACTIVITIES

- Sack races
- Treasure hunts
- Egg and spoon races (try boiling the eggs first for less mess)
- Bring bats, balls, rackets and skipping ropes
- Play some music and encourage everyone to dance
- Challenge your friends to see who can bring the most innovative healthy BBQ option

Would you like to find out more about healthy eating? Visit www.healthyweightweek.com.au

Eat better, feel better, move more NOW!

Australia's Healthy Weight Week is brought to you by the Dietitians Association of Australia and our Accredited Practising Dietitian members

