

Healthy Tips

Whether it's for July 4th or a normal Saturday afternoon BBQ; here are some tips for a guilt-free BBQ season!

1 Don't Decline

Don't turn down an invitation to hang out with friends solely because of a diet! It is good for your mental health to enjoy time with your friends and family!

2 Eat Before You Go

It might sound silly, but having a small healthy snack before you leave is one of the best ways to avoid over-eating. It will cut the edge off your hunger so you're not starving when you arrive.

3 Drink Before Eating

No, not alcohol! Drink a glass of water before filling your plate. Sometimes we think we are hungry when we are really just thirsty.

4 Check Out Your Choices

Do a lap around the buffet before piling up your plate with everything in sight. Pick your favorites along with some healthier options. Choosing small treats may help ward off options you can do without.

5 Make a Patriotic Dessert

Enjoy a delicious fruit salad with blueberries, watermelon and pear– or any combination of your favorite red, white and blue fruits! You'll be amazed at how delicious creativity can be.

Enjoy a Guilt-Free BBQ!