



Nutrition Tips

by Alexis Williams, RD

Summer is a time for warm weather and outdoor fun. While we tend to be more active and spend extra time outside, we also have lots of opportunities to eat and drink extra calories.

Alexis Williams is a registered dietitian and personal trainer in Burlington, Ontario who works with Loblaw Companies Limited. In her spare time, she enjoys trail running, hiking and cycling.

A TYPICAL SUMMER BARBECUE MEAL



30 POTATO CHIPS
296 calories/18.8 g of fat



SAUSAGE ON A BUN
490 calories/27 g of fat

½ c. POTATO SALAD
162 calories/9 g of fat



4 BEERS
600 calories

X4



CARAMEL DRUMSTICK
Ice cream cone
360 calories/22 g of fat



BROWNIE
170 calories/7 g of fat

Total = 2078 calories and 84 grams of fat

Summer Party Survival Guide

You're out for a walk on a sunny Saturday afternoon, and the smell of hot dogs tantalizes you as you stroll by a stand. You say to yourself, "Oh, I'll just treat myself because it's such a nice day," as you're forking over your two dollars for a Juicy Jumbo. The next thought might be: "And what's a hot dog without an ice cream cone?"

Summer is a time for warm weather and outdoor fun. While we tend to be more active and spend extra time outside, we also have lots of opportunities to eat and drink extra calories. Surviving summer parties without packing on pounds is a challenge for everyone (including active people), but there are ways to keep things on the healthier side.

Here are some tips to help you survive upcoming summer parties:

- Choose only one meat item. Grilled chicken breasts, veggie burgers, and veggie dogs are great alternatives with significantly less fat and calories.
- Watch the toppings. Stick with ketchup, mustard and relish and think twice before adding cheese, mayonnaise or bacon. Making a hamburger into a bacon cheeseburger can add hundreds of calories and loads of fat.
- Have veggies and fruit as side dishes as opposed to chips and other high-calorie snack foods. Yogurt-based dips can help cut calories for veggie and fruit trays.
- Choose green, Greek or bean salads instead of potato or macaroni salads made with high-calorie and high-fat mayonnaise dressing.
- Drink water or flavoured sparkling water. If you like juices, mix them half-and-half with water or sparkling water. Homemade iced tea with just a splash of juice is a great lower-calorie option.
- You save 50 calories every time you choose a light beer over a regular one. To avoid dehydration in hot summer weather alternate alcoholic drinks with one cup of water. Your head will thank you for it the next day.
- Survey the treats offered, choose your favourite one and stick to that. To satisfy your sweet tooth, snack on fresh fruit trays and fruit popsicles instead of ice cream. **RR**

HEALTHIER IDEAS FOR YOUR NEXT BACKYARD BARBECUE



5 OZ. GRILLED CHICKEN BREAST ON A KAISER BUN
397 calories/7.5 g of fat



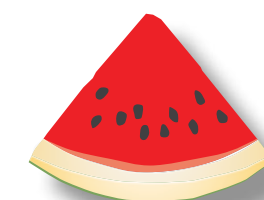
2 LIGHT BEERS, 2 DIET POP OR WATER 200 calories



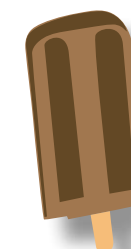
10 BABY CARROTS WITH 1 TBSP. YOGURT-BASED DIP
95 calories/4.2 g of fat



1 CUP MIXED GREEN SALAD WITH 1 TBSP. LIGHT RANCH DRESSING
47 calories/3.4 g of fat



WATERMELON WEDGE (1/16 OF MELON)
92 calories/1.2 g of fat



CHOCOLATE POPSICLE
104 calories/3.4 g of fat

Total = 935 calories and 20 grams of fat