



BE LABEL SAVVY FOR YOUR NEXT BARBECUE



Are you a die-hard barbecue fan who likes to fire up the grill all year round, or more a warm weather barbecue lover? Whatever your preference, elevate your barbecue with these easy, delicious ideas.

- » **Take your mains to the next level.** Instead of the usual burgers and hotdogs, throw on chicken or turkey skewers, fish packed in foil, shrimp or marinated, firm tofu.
- » **Make vegetables the star attraction.** Be on trend with vegetables making up half your plate. Assemble veggie kabobs with cherry tomatoes, zucchini chunks, pepper slices and mushrooms. Cook up extra for future meals such as pizza, pasta or salads. That's what we call working smart.

If you're buying prepared food for your next barbecue, take a look at the Nutrition Facts table (NFt) to help you make informed choices.

KNOW THIS

5% DV or less is a little and 15% DV or more is a lot of a nutrient. You may want more fibre, calcium, vitamin A and iron.

For foods such as burgers, veggie burgers or pre-marinated skewers, choose ones that offer more iron and lower amounts of saturated and trans fat and sodium. When buying whole grain buns and other breads, go for the one with more fibre and less sodium.

Marinades, BBQ sauces and condiments (such as ketchup, mustard, relish) that are bought from a store can be high in sodium. Use the % Daily Value (% DV) to choose brands that have lower amounts of sodium.

Veggies and dip are a good starter idea. Store-bought dips can save you time, just choose ones with more fibre and calcium, and less sodium and saturated and trans fat.

KNOW THIS

The Serving Size is NOT necessarily the portion of food you should eat. The Serving Size is the quantity of food used to calculate the numbers in the NFt.

Use the Serving Size to understand the information in the NFt. Check the Serving Size and compare it to how much you are planning on eating. If you eat double the Serving Size, then you'll need to double the calories and the amount of nutrients listed. If you eat half the Serving Size, then you'll need to halve the calories and the amount of nutrients listed. For example, if the Serving Size for coleslaw is half of a cup and you eat one cup, then double the calories and the nutrients listed in the NFt.

As for drinks, a pitcher of water with lemon, lime or fruit slices can freshen up any barbecue. But if you're buying something special, choose the drink that offers more vitamin A, vitamin C and the least amount of sugar.

Grilled fruit served with lower fat plain yogurt makes for a refreshing post-barbecue dessert.

Read the Nutrition Facts table to help make your next barbecue a healthy success.

Learn more at Canada.ca/NutritionFacts