

Faces Fitness

5 Foods to Avoid at Your Summer BBQ

The summer in Ottawa has been fantastic so far! After a long cold winter many of us are taking advantage of the gorgeous weather! Although BBQs are a great reason for us to get some HEALTHY fresh air there are many foods and drinks consumed that will only WORSEN your health...

HOT DOGS – Can't stress enough! Made with mechanically separated chicken, pork or beef - flavoured with additives and loaded with preservatives! Hot dogs are also a choking hazard for young children!
Try instead: Chicken breast marinated in tamari or low sodium soy sauce, garlic and sesame oil. Delicious and nutritious!

POTATO SALAD – Yuck! Loaded with mayonnaise, this fat and carbohydrate bomb is a traditional summer food. Just one serving of potato salad has over 350 calories, 180 of which come from fat!
Try instead: Grilled vegetables. Try asparagus, zucchini, or eggplant coated in olive oil, garlic and a pinch of sea salt. Very satisfying!

SODA – Proceed with caution! High fructose corn syrup and artificial sweeteners are just a few of the common ingredients in soda. The cancer causing chemical components are not worth the risk! Avoid them completely! Including diet sodas!

Try instead: Juice spritzers. Mix 100% fruit juice of your choice with seltzer water instead of flat water, and top with a citrus wedge. Now that's fresh!

POTATO CHIPS – Bad for your waistline! An average serving of potato chips has 150 calories, 90 of which come from fat! If you're wondering why you can't lose weight, well this may be why!
Try instead: Baked corn chips or other baked crisps. They can be made or purchased at your local health food store. Yum!

SUGAR AND FAT PACKED DESERTS – Avoid them! Processed sugar, white flour, and butter; desserts will make you pack on the pounds in no time!
Try instead: Watermelon and other seasonal fruits. Refreshing and keeps you hydrated!



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