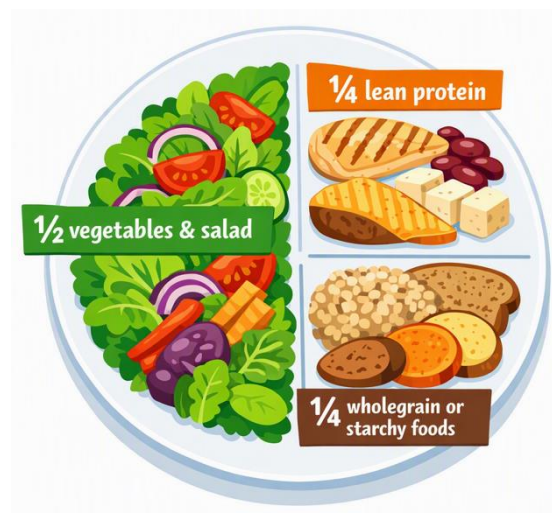


Great BBQs can be both delicious and nutritious! Use these tips to create healthy, colourful, and tasty meals for family and friends.

Build a Balanced BBQ Plate

Aim for:

- ¼ Plate Lean Protein
- ½ Plate Vegetables & Salad
- ¼ Plate Wholegrain or Starchy Foods



Choose Lean Proteins

- ✓ Skinless chicken breast or thigh
- ✓ Lean beef cuts
- ✓ Fish and seafood
- ✓ Pork, chicken or beef mince patties
- ✓ Kangaroo or lean lamb cuts
- ✓ Plant-based options such as tofu, tempeh, lentil or bean patties

💡 **BBQ Tip:** Trim visible fat before cooking to reduce saturated fat and BBQ flare-ups. Choose fresh meats rather than heavily processed products.

Load Up on Veggies!

Vegetables become naturally sweet and flavourful on the BBQ. They add fibre, vitamins, minerals, and flavour.

- 🌽 Corn on the cob
- 🥒 Zucchini
- 🌶️ Capsicum
- 🍄 Mushrooms
- 🧅 Onion
- 🍆 Eggplant

- 🍅 Tomatoes
- 🥦 Broccolini
- 🥕 Carrot ribbons
- 🌿 Asparagus
- 🍠 Sweet potato or potato slices
- 🎃 Pumpkin slices

💡 **Idea:** Thread vegetables onto skewers for a colourful and easy-to-serve side dish or turn them into tasty veggie wraps!

Simple Side Dishes

- 🍅 Garden salad
- 🥒 Cucumber and tomato salad
- 🥦 Grilled veggies
- 🍝 Pasta salad
- 🥬 Coleslaw
- 🫘 Bean or lentil salad
- 🍚 Brown rice salad
- 🍉 Fresh fruit platters



Healthy Marinades & Flavourings

Instead of relying on salty sauces, try using:

- ✓ Olive oil
- ✓ Lemon or lime juice
- ✓ Garlic or ginger
- ✓ Fresh or dried herbs (e.g. parsley, basil)
- ✓ Mild spices and pepper

💡 **Tip:** Marinate meats and vegetables before cooking to add flavour and help keep foods moist.

BBQ Dessert Ideas

- 🍍 Grilled pineapple
- 🍑 BBQ peaches or nectarines
- 🍌 Grilled banana with cinnamon
- 🍉 Fresh watermelon slices

BBQ Cooking Tips

- ✓ Cook gently
 - Use moderate heat where possible. Avoid charring or burning food
- ✓ Think about thickness
 - Pieces that are too thin can stick, fall apart or dry out
 - Thicker pieces may burn on the outside or take longer to cook through
 - Regular turning helps prevent charring and promotes even cooking
- ✓ Food safety
 - Clean grills and cooking surfaces before and after use
 - Avoid excess oil or use foil trays to reduce BBQ flare-ups
 - Keep raw meat separate from cooked foods and salads

Connect with friends or family, enjoy the outdoors, and make your next BBQ both tasty and nutritious.