

# TIPS FOR THE GRILL



## Seasonings



**Use seasonings and homemade marinades** made from oil instead of butter. This will reduce saturated fat.

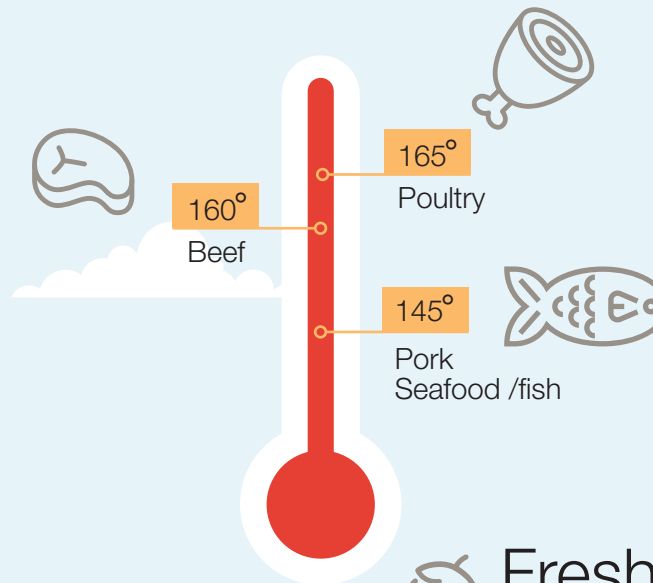
**Add spices, like pepper or fresh herbs,** to reduce sodium.

## Meats

### GRILL, DON'T BURN.

Grilling is one of the healthiest ways to prepare meat. While cooking, the grill allows for some fat to drip off the meat, resulting in a leaner final product.

**Charred areas** may contain cancer-causing agents and should be avoided.



## Fresh produce



**Try grilling fruits and vegetables,** such as zucchini, peppers, pineapple, asparagus and eggplant. Fruit and vegetables take on new flavors when grilled.

You don't have to grill produce to add it to your meal. **Fresh produce that pairs well with meats** include summer squash, portabella mushrooms, mangos and apples.