

## Delicious & Healthy Braai Tips

### Protein choices:

- ✓ Choose lean cuts of meat and trim off visible fat before braaing
- ✓ Skinless chicken or turkey breasts can add variety to your choices
- ✓ Grilled fish such as sardines, salmon, trout and herring are heart healthy choices and have a source of good fats (omega 3)- spice it up to enhance the flavour.

NB: Use a rack to allow any excess fat to drip off.

### Dressings & seasonings:

- Limit salt intake-use low sodium salts & cut back on salty condiments like soy sauce or barbeque sauce.
- Rather enhance the flavour of the meat / a dish by using a combination of spices e.g. cumin, coriander, fresh garlic, pepper, rosemary, thyme, mixed herbs & lemon juice
- Choose lite, reduced fat, low fat or fat free salad dressings for salads and marinades.
- Heart healthy home made dressings can also an option e.g. herb salad dressing (made from veg oil, vinegar, a little sugar, black pepper, thyme, oregano, dry mustard, cayenne pepper & fresh garlic) or a spicy mint sauce (made from chicken, stock, vinegar, a little sugar, fresh mint and dried red pepper).

### Side Dishes:

- ❖ Replace potato chips with raw veggies + fat free or low fat dips e.g. carrot sticks, cucumber, celery, cherry tomatoes + fat free cottage cheese
- ❖ Instead of mayonnaise or creamy-based salads serve more leafy salads and fruits or a combination of either e.g. Spinach salad with berries or a mixed green salad with fresh fruit pieces or a veggie & feta salad!
- ❖ You can enhance the flavour & add some crunch to the salad by roasting sesame seeds, almonds & walnuts. This way, you can get some of the good fats in as well!
- ❖ Choose whole-wheat or whole grains bread, rolls or crackers.
- ❖ Baked potato /grilled jacket potatoes with low fat white sauce or low fat cheese with grilled mushrooms.

## **Drinks & Desserts**

- Water or sugar free drinks
- Fruit punch with fresh fruit pieces
- Delicious smoothies made from seasonal fruit & fat free yoghurt
  
- Fruit salad & lite or low fat ice-cream or low fat (home made) custard.
- Fruit ice can be made from fresh fruit that's frozen and then served with lite / low fat ice-cream.
- Sugar free jelly and fresh fruit pieces
- Grill fruit pieces like pineapple, peaches, apple or plum -its natural caramelized sugars can make a great treat! (Fruit Kebabs)