



New England Style Fourth of July Party Planning Tips

Here are a few healthy eating tips from Structure House, Durham, NC

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Choose fresh, local ingredients. It's summertime now, which means produce like fresh tomatoes, peppers, and berries are in season. Use fresh seasonal fruits to make a refreshing fruit salad to satisfy your guests' sweet tooth!

Set up a kabob-station where guests can choose from healthy proteins like shrimp and chicken and combine them with seasonal fruits and veggies like tomatoes, pineapple, peppers, squash, and onions.

Make healthier burgers using lean ground beef, venison, ostrich meat or even fish. Serve it on a whole wheat bun and provide healthy condiments and vegetable toppings.

Mix it up. Try refreshing salads like chilled cucumber or tomato.

Use chicken or turkey hotdogs, which are lower in saturated fat.

Skip the alcoholic drinks. Alcohol is high in empty calories and has no nutritional value.

When purchasing red meat, choose leaner cuts with less fat marbling. The leaner cuts may seem less appealing, but with a simple marinade they can taste just as good as a steak higher in fat.

Substitute whole grains whenever possible, including hot dog rolls, hamburger buns, pasta, rice, and other items. Whole grains contribute more nutritional value and make you feel fuller, faster.