

Barbecues are a great way to socialise and enjoy the warmer weather, while promoting healthy eating.

Many common barbecue foods can be high in saturated fat and salt, but by modifying the menu slightly, you can not only host a healthy event with a selection of tasty and nutritious foods but also save money!

Compare the menus below to see that healthy barbecues are not only better for you but cheaper as well!

Note: Prices obtained from a leading supermarket in February 2013.

Barbecue menu (per person)

Standard menu	Healthier menu
2 sausages on bread	1 beef burger
<ul style="list-style-type: none"> • 2 sausages • 2 slices thick white bread • 20g spreadable butter • ½ onion • 50g grated cheese • 15mL tomato sauce 	<ul style="list-style-type: none"> • 1 lean beef patty • 1 wholemeal bread roll • 3 slices tomato • 1 slice cheese (reduced fat) • 20g salad leaves • 15mL tomato sauce (reduced salt)
45g (¼ large bag) potato chips	20g of tzatziki dip and 6 rice crackers
4 tablespoons ready-made potato salad	4 tablespoons home-made potato salad
1 x 375mL can of soft drink	1 x 500mL bottle water
Cost	Cost
\$6.10 per person	\$4.90 per person
Nutrition	Nutrition
<ul style="list-style-type: none"> • Energy 6100kJ • Fat 82g • Saturated fat 39g • Sodium 3300mg 	<ul style="list-style-type: none"> • Energy 2700kJ • Fat 25g • Saturated fat 9g • Sodium 1250mg

Save 3,400kJ and \$1.20 per person

*You would have to walk for **3 hours** to burn off that extra energy!*

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