

Registered Dietitian Tricks for Fourth of July Favorites

Whether you are planning a beach picnic, outdoor grilling, or a meal to enjoy while watching fireworks, we've got you covered with registered dietitian favorites for the 4th. Here are some healthy hacks and recipes to help you stay on track while you celebrate summer.

Try simple swaps

Put a healthy twist on traditional recipes by substituting or adding new ingredients to make a healthier version.

- Swap sour cream with plain Greek yogurt.
- Switch up your rice salad by using a whole grain such as brown rice, barley, quinoa, wild rice, or farro in place of white rice.
- Add colorful veggies to your burgers or pasta dishes and double the amount of vegetables in dishes.

Lighten up your menu

- Feature plant-based dishes with non-starchy vegetables. Grill your favorite summer vegetables, make a hearty salad, or a vegetable-rich main dish.
- Make the most of in-season produce with recipes such as corn, tomatoes, summer squash, berries, watermelon and stone fruits.
- Brighten up your table with fresh-cut fruit. Increase appeal by cutting handheld slices of melon, or thread skewers with strawberries, pineapple, and melons. Make mini red, white, and blue fruit cups by topping a scoop of plain yogurt with blueberries and strawberries.
- Serve salads made with high-fiber whole grains, beans, and fresh veggies.
- When grilling, choose leaner cuts of meat, skinless chicken, or ground turkey burgers to cut back on saturated fat. Also, grill up vegetables such as zucchini, peppers, mushrooms, and onions. Add fruit to the grill peaches or pineapple slices.

Balance your beverages

- Drink plenty of water, especially on hot days.
- Add fresh fruit as a flavoring to the water pitcher: Try sliced oranges, strawberries, lemons, or limes.
- Rather than drinking soda, stick with seltzer and add a splash of your favorite fruit juice.
- Have a “preparty plan” for drinking alcohol in moderation. Set a drink limit and bring flavored seltzer or a pitcher of fruit water.

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