

BBQ can be Healthy for You!

Did you know that BBQ can be part of a heart-healthy lifestyle?

Pork is naturally low in sodium and a good source of protein. Although some cuts are high in fat, most experts now think the kind of fat in pork is OK for your health. Recent advances in the science of diet and health suggest there are healthy fats that we should eat often like those found in vegetable oil, nuts, and fish, and unhealthy fats that we should avoid, like trans fats that are often found in commercial baked goods, packaged snack foods, stick margarine, and some fried food in restaurants. So the fat in beef and pork is not as good as that in vegetable oils, nuts, and fish, but clearly better than trans fat and fine to eat in reasonable amounts.



It's OK to Eat Pork!

- Pork is naturally low in sodium and a good source of protein.
- Unfortunately, sometimes the way we prepare pork can increase the sugar and salt content. These additions can increase our risk for high blood pressure and heart disease. Check out the rest of the tips to learn how to enjoy BBQ in a healthy way!
- **Be careful!** Pork that is processed (ham, bacon, etc.) or pork labeled as "seasoned" will have added sodium (check the label). When choosing luncheon meats, sausages or prepackaged meats, choose those lower in salt (turkey and chicken are also healthy choices if you don't eat pork).

Add Flavor, Fiber and Fun to your BBQ

- Add nutrients and flavor to your BBQ by tossing in some fresh veggies. Try peppers, onions, tomatoes or even greens!
- Serve your BBQ over brown rice or on a whole wheat bun for some additional fiber and nutrients!
- See the back for a heart healthy BBQ recipe!



So many options! Which sauce do I choose?!



Choosing the Best BBQ Sauce

What should you look at when selecting a healthy BBQ sauce? It's important to pay attention to **SODIUM** and **SUGAR**. One serving of BBQ sauce (~2 Tbs.) can have anywhere from 25 up to 1000 mg of sodium (half of the recommended daily value). In addition, sugar content can range from 0 up to 16 grams (~4 tsp.) per serving. *Look for sauces that have less than 6 grams of sugar and 300 mg sodium per serving.*

Fizz + Fruit Juice: A Healthy, Refreshing Combination!

Drink soft-drinks with your BBQ? Looking for a way to cut out some of the sugar while still enjoying a refreshing fizzy beverage with your meal? Mixing seltzer with 100% fruit juice is a way to create a healthier, but satisfying beverage. Mix 1/3 cup of your favorite juice (orange, pineapple and grape all work well) with 2/3 cup seltzer. Serve over ice!



12 oz. Regular Soda	3oz. Juice + 9 oz. Seltzer	You Save...
140 calories	40 calories	100 calories!
10 tsp. sugar	2 tsp. sugar	8 tsp. sugar!



There are many benefits to buying fruits, vegetables and even meats locally! Visit www.ncfarmfresh.com to find a farmers market near you or visit the Lenoir County Farmers Market in Kinston!

Heart Healthy BBQ with Veggies & Rice

Serves four.

Cooking Time: Approximately 30 minutes.

Ingredients

- 1 small onion
- 2 cloves of garlic
- 3 Tbs. vegetable oil
- ½ large head of green cabbage (add some red cabbage for color)
- 5-6 large leaves of collards, kale, or other dark green leafy vegetable
- 1 medium to large sweet potato
- 3 cups cooked brown rice (takes longer than white so allow time)
- 1 cup of shredded BBQ meat, cooked
- 1 tsp. of your favorite herb seasoning (thyme, oregano, Italian mix etc.)
- hot pepper to taste
- your favorite BBQ sauce to taste*



Directions

In a large frying pan with a lid sauté/steam onions, garlic, hot pepper and herbs in oil. Chop cabbage and collards/kale and add to the pan. Peel and dice the sweet potato and add to the mix 5 minutes before done. When the mix is tender **but not mushy**, mix with BBQ meat. Add BBQ sauce and serve over brown rice.

*See tips on the first page for choosing a healthy BBQ sauce.



www.hearthealthylenoir.com