

Guilt-Free Grilling

With healthy substitutions, you can still enjoy the great American summer classics

A HEALTHIER HOT DOG

Mustard

It's low calorie, but sodium can run high, says Karen Ansel, MS, RD. **Better:** Yellow mustard—it has less than half the sodium of Dijon. **Best:** Try a sodium-free squirt of fresh lemon juice for a tart, bright flavor.

Cheese Sauce

This creamy topper is a troublemaker. **Better:** Use 2 tablespoons of shredded reduced-fat Cheddar, cutting out 4½ g of the fat in the jarred stuff. **Best:** Sauerkraut contains probiotics, and it's virtually fat free.

Chili

Meat chili adds 55 calories, no fiber, and 242 mg of sodium. **Better:** Canned bean chili—¼ cup veggie chili provides 48 calories, 3 g of fiber, and 195 mg of sodium. **Best:** A homemade bean chili that curtails the salt.

Dog

Typical nitrate- and sodium-filled dogs get 84% of their calories from fat. **Better:** A low-fat turkey dog. **Best:** A low-sodium uncured chicken dog like Trader Joe's, which has only 60 calories and 250 mg of sodium.

Bun

Skip the potato roll (puffed up with sweeteners and refined flour). **Better:** A 100% whole wheat bun. **Best:** A sprouted-grain bun adds 6 g of fiber plus beneficial plant-based enzymes that aid digestion. Find them in the grocery-store freezer section.

A BETTER BURGER



Mayo

The white stuff is not the right stuff. **Better:** A canola oil version that has half the fat and calories of the typical kind, in addition to heart-smart omega-3s. **Best:** Mashed avocado.

Lettuce

Iceberg doesn't pull its weight nutritionally. **Better:** With more vitamins, romaine is an upgrade. **Best:** "Use antioxidant-rich spinach or kale," says Bethany Thayer, RD.

Pickles

Bread-and-butter and sweet-and-sour pickles can add calories because they have added sugar. **Better:** Dill pickles, which are sugar free. **Best:** Cucumber slices flavored with vinegar.

Ketchup

It's loaded with salt. **Better:** "Try fresh sliced summer tomatoes instead," Ansel says. **Best:** Roasted red peppers, for the extra vitamin C.

Bacon

Pass on pork. **Better:** Turkey bacon, but make sure you check the label, because brands vary. **Best:** Soy-based vegetarian "bacon," which has about 20 calories and almost no fat per slice.

Cheese

Full-fat slices do you no favors. **Better:** Packaged cheese sliced extra thin, to save about 50 calories per slice. **Best:** A reduced-fat, low-sodium cheese.

Beef

An all-beef patty is loaded with fat. **Better:** Bison, which has 152 calories and 7 g of fat. **Best:** "Mix equal parts lean ground beef or turkey with ground mushrooms to instantly cut calories in half," Ansel says.

Bun

Today's plus-size buns add 200 calories. **Better:** Switch to a whole wheat deli thin. "That saves you 100 calories and adds 5 g of good-for-you fiber," Ansel says. **Best:** Wrap your burger in a lettuce leaf.