

HEALTHY BARBECUE GUIDE





About this guide

Healthy Together Wodonga (HTW) aims to improve people's lives where they live, learn, work and play by recognising and strengthening the role of local community leadership in preventive health.

Healthy Together Wodonga is a partnership between Wodonga Council and Gateway Health.

The Healthy Together Wodonga Healthy Barbecue Guide is designed to provide guidance and ideas for making easy changes to the traditional barbecue, providing nutritious options suitable for children and families.



Want to know more?

For further information on healthy eating or to receive an electronic or hard copy version of this resource, contact Healthy Together Wodonga on (02) 6022 9300 or email htw@wodonga.vic.gov.au

TTY users phone 133 677 then ask for (02) 6022 9300

'Speak and Listen' users phone 1300 555 727 then ask for (02) 6022 9300

Internet relay users connect to the NRS iprelay.com.au then ask for (02) 6022 9300

For more information go to our website at wodonga.vic.gov.au/healthytogether

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We acknowledge and thank the OPAL program and Healthy Together Mildura for their help in the development of this resource. OPAL is a joint resource of the Australian Government, SA Health and Local Governments.



About this guide

Barbecuing is one of Australia's most traditional cooking methods and is embedded within modern Australian culture.

A simple, traditional barbecue typically consists of sausages, onions, white bread and tomato sauce, which is a meal low in fibre and high in saturated fat, oil and salt. It has limited nutritional value.

However, with a little thought and a few small changes, a barbecue can be a healthy and tasty meal.

Good nutrition is the key to a healthy, active and enjoyable life.

Children need a nutrient-rich diet for healthy bones, joints and muscles, and brain development.

Good nutrition among adults can prevent heart disease, diabetes and some cancers.

Reducing the consumption of high energy foods and drinks can also prevent excessive weight gain among children and adults.



How your healthy barbecue can impact your community

- Contributes to the health and well-being of your community
- Shows your community that you value their health and well-being
- Reinforces important health messages to children and their families
- Provides the personal satisfaction of being a positive role model





7 tips for a healthier barbecue

1. Cut down on the fat

- Try minute steaks, lean meat kebabs or skinless chicken or vegetable burgers.
- Remove any visible fat from meats before cooking.
- If using sausages and patties, ask your butcher for reduced-fat and reduced-salt options (less than 5g per 100g).

2. Choose healthier cooking oils

- Use healthier plant oils such as canola or olive oil and limit use.
- Use spray to manage quantity.

3. Add vegetables and fruits

- Corn on the cob is very popular among all age groups.
- Always serve salad items such as sliced tomatoes and lettuce on bread options (e.g. burgers and steak sandwiches).
- Add grated vegetables to lean meat patties – it can bulk up the serve and reduce the overall cost.
- Sliced watermelon is another popular item where a little goes a long way.

HOT TIP

Use the Australian Guide to Healthy Eating as a reference for providing healthy eating options.

Visit eatforhealth.gov.au



4. Swap the seasoning

- Use herbs and spices to flavour meats instead of salt.
- Use salt-reduced foods such as sauces and dressings (also check sugar content on dressings, especially low-fat options).

5. Provide water

- Water is the healthiest drink for people of all ages and is the best drink to quench thirst. Drinks such as fruit drink, soft drink, flavoured milks and energy drinks generally have a lot of sugar and little or no nutrition.

6. Provide better bread

- Use wholegrain breads, rolls, pitabread, English muffins, instead of plain white varieties.

7. Make healthy eating easy

- People generally enjoy eating tasty healthy foods, however, if other more familiar foods are also available (eg. sausages and other fatty meats), these will remain popular. Support healthy eating by making the healthier options the only options.





Tips for making your barbecue healthier

Red meat alternatives for the barbecue

Alternatives for red meat include poultry, fish, eggs, tofu, legumes, beans and large mushrooms.

Standard serves

- 80g cooked lean poultry (100g raw)
- 100g fish fillet (115g raw)
- 2 large (120g) eggs
- 170g tofu
- 1 cup (150g) canned legumes such as lentils or chickpeas

Source: Australian Dietary Guidelines

Top tips for meat:

- Skinless chicken, minute steaks, lean meat kebabs, seafood and kangaroo are good options.
- Limit chops and sausages. Ask your butcher for low-fat, low-salt varieties.
- Aim for less than 5g of total fat per 100g of meat.
- Burgers are a good option if a lean or reduced fat pattie is used.
- Trim off any visible fat before cooking.
- Lean meats can become dry when cooking; use a low-salt marinade for moisture and flavour (see the recipes section for ideas).
- Limit meat servings to the palm size of an adult's hand.
- Vegetarian options are often lower in saturated fat and salt.

HOT TIP

Try the Nutrition Australia website for some great recipe ideas. These are some of our suggestions.

- Burger ideas
- Grilled pork cutlets and warm chickpea salad

- Spanish pork with spiced sweet potato chips
- Barbecued Steak with Mushroom and Chickpea Salad
- Balsamic Bean Salad with Chargrilled Fish Fillets
- MV Burgers – a burger with extra vegies



nutritionaustralia.org/national/recipes





Tips for making your barbecue healthier



Small changes can make a big difference

Making some small, simple changes can make for a much healthier meal - reduce saturated fat and salt intake, increase vegetable, fruit and fibre consumption and use healthier cooking methods.

Reduce saturated fat and salt

Meat products can contain high amounts of fat and salt. Choose lean meats and reduced salt options. All cooking oils are also high in fat so it is best to use as little as possible.

Healthier cooking methods include grilling, steaming and roasting, where little or no oil, butter or margarine is used. Butter and margarine are generally high in fat and salt.

HOT TIP

Check out the Healthy Eating Advisory Service healthy barbecue recipes including chicken burgers, lentil burgers and Moroccan chicken skewers.

heas.healthytogether.vic.gov.au/food-industry-and-outlets/recipes



Top tips for cooking

- If using fat in cooking, oil is a healthier option than butter as it is lower in saturated fat and salt. Canola or olive oil are good options.
- A cooking oil spray can help control the amount you use, which will also reduce costs. Be careful when spraying close to gas grill plates.
- Use the grill plate instead of the flat plate where possible to allow fat to drip away.
- Toss onions and other vegetables in a bowl with a small amount before cooking rather than pouring oil directly on the barbecue plate.
- Drain oil-based marinades off meats before cooking.





Tips for making your barbecue healthier



Increase fibre

High amounts of fibre can be found in wholegrain foods including wholemeal or wholegrain bread, brown rice, wholemeal couscous, vegetables and fruits. Try washing and leaving the peel on for added fibre.

Increase vegetables

Vegetables add freshness and flavour to a meal. Add them to the main meal or serve them on the side. Use fresh, frozen, dried or canned (rinse before use).

Top tips for vegetables

- Corn on the cob is very popular.
- Automatically serve salad (such as tomato, cucumber, grated carrot or lettuce) on bread options like burgers or steak sandwiches.
- Try lentil, bean, chickpea or vegetable patties, burgers and falafels and marinated firm tofu burgers/steaks.
- Add grated vegetables to meat or legume patties to bulk them up.
- Try mixed vegetable skewers.
- Capsicum, zucchini, sweet potato or eggplant are easily barbecued.
- Jacket potatoes can be cooked, wrapped in foil (for barbecues with closable lids only) and filled with salads and reduced-fat cheese or yoghurt.

What is 1 serve of vegetables?



HOT TIP

Use eatforhealth.gov.au for recommended daily serves of vegetables for age, lifestyle and gender.





Tips for making your barbecue healthier

Increase fruit

Having fruit served fresh or grilled is a great healthy sweet addition to your barbecue. Fruit can be fresh, frozen, dried or canned.

Top tips for fruit

- Provide fresh sliced fruit or diced fruit salad. Serve with reduced fat or natural yoghurt.
- Fresh seasonal fruits can be a cheaper option than those that are not in season.
- Pineapple rings or stoned fruits like peaches, nectarines and apricots can be lightly seared on the barbecue plate.
- If using canned fruit, choose options with natural juice or no added sugar rather than syrup.

HOT TIP

Use eatforhealth.gov.au for recommended daily serves of fruit for age, lifestyle and gender.



Flavour with sauces, dressings, herbs and spices

These additions are a great way to add flavour and aroma to food. Choose reduced-salt sauces and dressings. Experiment with a range of common fresh or dried herbs and spices.

Top tips for adding flavour

- Use dressings with lemon juice, vinegar, mustard, and herbs such as pepper, parsley, basil and mint with a dash of healthy plant oil such as olive.
- For commercial dressings, choose no oil or reduced-fat and sugar varieties.
- Try natural yogurt to replace common creamy dressings.
- Let people choose and serve their sauces and dressings on the side.
- Add herbs and spices to meats or marinades.
- Popular herbs include parsley, basil, thyme, dill, rosemary, oregano and chives.
- Popular spices include ginger, paprika, pepper, nutmeg and cinnamon. Avoid chilli unless you know it will be enjoyed by everyone.





Better barbecue menu ideas

Mains

- Steak Sandwich - tenderised minute steak served on wholegrain bread, topped with tomato and lettuce.
- Australian burger – lean mince or vegetable patty served with tomato, lettuce, fresh or barbecued pineapple rings and sliced beetroot.
- Skewers – marinated lean meat, tofu or haloumi threaded on to skewers with capsicum, mushroom, cherry tomatoes and zucchini, brushed or sprayed with healthy oil.
- Barbecue wrap/yiros – thinly sliced lean meat or falafels served on wholemeal pita bread with fresh salad and tzatziki sauce.
- Legumes – try lentil or chickpeas burgers.
- Barbecue toasties – pre-make toasties with wholegrain bread and toppings such as reduced-fat cheese, tomato, avocado or lean ham. Lightly brush bread with oil before barbecuing each side on the hot plate until golden.
- Barbecue stir fry – finely sliced meat or tofu, mixed vegetables and Hokkien noodles. Marinade the meat for extra flavour.
- Eggs: Toad in a Hole – remove the centre from a slice of bread, leaving the crust as a frame. Sit the crust on the barbecue hotplate. Break one or two eggs into the frame. Turn or serve sunny-side up.





Better barbecue menu ideas

Vegetables

- Corn on the cob – although not necessary, you can thread the corn onto skewers for easy cooking and eating.
- Marinated garlic mushrooms – brush/spray or toss large mushrooms with healthy oil and a small amount of crushed garlic, then grill.
- Vegetable kebabs – brush/spray or toss capsicum, zucchini, cherry tomatoes and mushroom with healthy oil and herbs then thread on to skewers.
- Grilled vegetables – brush/spray or toss chopped vegetables such as capsicum, zucchini, sweet potato or eggplant and grill or barbecue on the hotplate or barbecue grill.



- Jacket potatoes – cook potatoes wrapped in foil on the barbecue, then top with salad or vegetables and low-fat cheese or yoghurt.
- Whole carrots in foil – peel and brush/spray whole carrots. Wrap carrots top-to-toe in foil with half centimetre of water, cracked black pepper.
- Mushrooms: Wipe the top of the mushroom with a damp washcloth but do not rinse or wash it as that does change the flavour. Remove the stem and grill the mushroom cap, face down, on the rack on medium-high for about five minutes.





Better barbecue menu ideas

Salads

- Coleslaw – shredded carrot, cabbage, celery and radish tossed in a reduced-fat yoghurt, lemon juice and parsley dressing.
- Tabouli – cracked wheat, parsley, mint, onion, tomatoes, lemon juice and a small amount of olive oil.
- Pasta salad – cooked pasta, tomatoes and spring onions tossed in balsamic vinegar.
- Potato salad – cooked potato and spring onions dressed in a mixture of reduced-fat yoghurt, mustard and black pepper or alternatively reduced-fat yoghurt, fresh mint, garlic and lemon.



Marinades

- Classic soy – reduced-salt soy sauce, small amount of sesame oil, ginger and garlic.
- Lemon and chilli – garlic, reduced-salt soy sauce, lemon juice and sweet chilli sauce.
- Tandoori – reduced-fat yoghurt with chilli, coriander, garlic, cumin and turmeric.
- Honey soy – garlic, honey and reduced salt soy sauce.
- For best result let your items marinate overnight or for at least two hours.
- Can be used for meat, tofu and vegetables.





Healthy Together Wodonga is improving the health of Victorians, in partnership with the Victorian Government.