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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Look Out For BBQ?

By Jason Cox

As the weather becomes warm, the sight of families barbequing becomes a frequent one. But if you are an individual who is counting their calories, beware of the traditional foods, as they might be loaded with calories and fat. However, you don't have to be left eating salads the whole summer. Now there are many alternatives that make for great grilling and help you stay on a healthy diet.

They may look small, but hotdogs usually have about 30% of your daily saturated fat intake. Although hotdogs usually contain 180 calories, you should be aware that 140 of those calories are nothing but fat. And that's not including the hot dog bun! Don't worry though, there are plenty of things you can have instead.

Instead, it will be worth paying the extra money for some lean and low fat burgers, but watch out for the high fat toppings! If your really want to lose that weight, the best way to avoid the fat and the calories would be to just cut out the really high in fat toppings, such as mayonnaise, bacon and cheese. But if you can't compromise the taste, try using reduced fat versions of your favorite toppings.

Also, there are many substitutes for potato chips that you can choose from. You can have fruits, baked beans and a variety of healthy veggies.

As for the burgers you can try a ground turkey burger. It has fewer calories and tastes good, which is all that matters. Be sure to look for skinless turkey, it will have even fewer calories.

Instead of having beef, you can opt for chicken, which has fewer calories. And there is also fish; there are so many healthy alternatives it would be hard to choose from. So don't fret about losing weight in the summer. It can easily be reached. And you don't have to be stuck just eating salad.

Jason Cox is a successful freelance author that writes regularly for

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BACARDI BBQ Sauce for Chicken and Ribs

By News Canada

1/2 cup 125 mL butter or margarine

3/4 cup 175 mL BACARDI White, Gold or "1873" rum

3/4 cup 175 mL ketchup

1/2 cup 125 mL orange juice

1/3 cup 75 mL honey

1/4 cup 60 mL fresh lemon juice

1 tbsp 15 mL chopped garlic

1/2 tsp 2 mL salt

1/4 tsp 1 mL pepper

1/8 tsp 0.5 mL cayenne

BACARDI BBQ Sauce for Chicken and Ribs

(NC)—In saucepan, over medium-high heat, melt butter. Stir in BACARDI rum, ketchup, orange juice, honey, lemon juice, garlic and seasonings. Cook, stirring occasionally, about 40 minutes or until thickened. Yield: about 1 cup (250 mL).

Chicken:

Cut a 3 lb (1.4 kg) chicken into serving size pieces. Brush sauce on chicken during last 10 minutes of grilling, turning and brushing frequently.

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Ribs:

Grill 3 lb (1.4 kg) ribs and brush on sauce during last 10 minutes of grilling, turning and brushing frequently.

– News Canada

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