

what to eat this summer!

Barbecues, ball games, boardwalk snack shacks—learn how to make better choices when faced with some of the season's most tempting treats.

SKIP IT!

fried chicken



at a
BARBECUE



PICK IT!

BBQ chicken

WHY: Fried chicken is full of fat because it's soaked in oil—the breading is like a sponge that holds in grease! So at a cookout, have a boneless breast off the grill instead. The lean protein fills you up, and BBQ sauce makes everything taste good!

nachos



at a
CONCERT

pretzel with mustard

WHY: Instead of eating the fried chips and fake cheese you'd get with nachos (it's full of weird artificial additives), order a pretzel with mustard. It's not health food, but as long as it's not jumbo-size or the kind that's slathered in butter, it's a better choice!



chocolate shake



at an
ICE CREAM SHOP



ice cream sundae

WHY: It all comes down to portion size: It takes about twice as much ice cream to create a shake as it does to create a sundae. So you slurp down a double serving in half the time! Make a small sundae a bit richer with a drizzle of hot fudge—skip the whipped cream, though.

funnel cake



at the
BEACH

cotton candy

WHY: Share cotton candy with a friend if you want a sweet treat. It's just pure sugar, but if you're being active at the beach all day, you'll burn it off! Funnel cakes make you tired because your body has to work extra hard to digest the grease.



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SUMMERY DIY DESSERT!

Are you craving something sweet, creamy, and cold? Then make these strawberry shortcake bites—they're delish and healthy!


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1 Jell-O Sugar Free Vanilla Pudding Snack + **1/3** cup Cool Whip Free, thawed + **2** tbsps. sugar-free strawberry preserves + **4** reduced-fat Nilla Wafers = **1** bite. *Top with fresh fruit!*

HOW-TO: Mix pudding, Cool Whip, and preserves in a small bowl. Place 4 paper baking cups on a plate. Put 1 wafer in each. Spoon pudding mixture on top. Freeze for 1 hour.

STILL LIVES: (FRIED CHICKEN) DOUGLAS JOHNS; (BBQ CHICKEN) JUPITERIMAGES/BRAND X/ALAMY; (PRETZEL) PHILIP FRIEMANN/STUDIO D; (SUNDAE) COURTESY OF DARY QUEEN; (COTTON CANDY) RYAN MCCAY; (RASPBERRY) BILLY CALVER/ISTOCK/GETTY IMAGES; (NACHOS) JUPITERIMAGES/BRAND X/ALAMY; (FUNNEL CAKE) JUPITERIMAGES/BRAND X/ALAMY; (ICE CREAM SHOP) JUPITERIMAGES/PHOTOS.COM/ALAMY; (NACHOS) JUPITERIMAGES/BRAND X/ALAMY; (FOOD STYLING FOR WAFFERS AND DESSERT CUP: JOYCE SANGRARDI. RECIPE FROM HUNGRY GIRL: 200 UNDER 200, BY LISA LILLEN.

← OPEN for workout moves!

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