

# YOUR HEALTHIEST GRILLING CHOICES

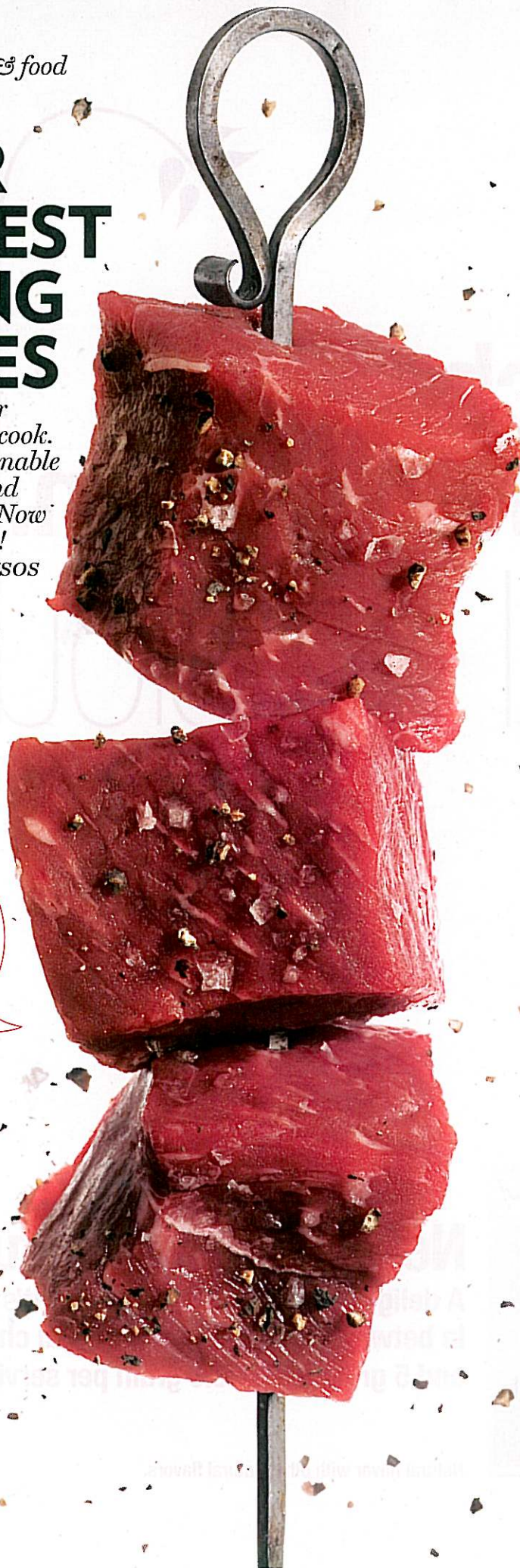
*There's no smarter (or yummi-er) way to cook. Just start with a reasonable 4-ounce portion and remember these tips. Now fire up the Weber!*

BY MARGARITA BERTSOS

THE LESS MARBLING, THE LESS FAT

## DON'T FORGET THE VEGGIES!

*Get some green, woman! Brush the grill with oil instead of coating veggies. They won't soak up all that fat, saving you hundreds of calories (they'll be crunchier too!).*



## Steak

Look for "loin" or "round" cuts, like top sirloin, top round, ground round and tenderloin—they're typically leanest.

### GOOD T-bone

(318 calories, 22 grams fat)

### BETTER Beef tenderloin

(218 calories, 9 grams fat)

### BEST Top sirloin

(207 calories, 7 grams fat)

**GRILLING TIP:** *To keep meat juicy, trim fat after cooking.*

*And let it rest for 5 to 10 minutes under a loose tent of foil before cutting.*

## Burgers

Burgers can be healthy—just avoid high-cal pairings like monster buns or extra cheese.

**GOOD** Ground turkey burger (266 calories, 15 grams fat)

**BETTER** Ground sirloin burger (244 calories, 12 grams fat)

**BEST** Ground bison burger (202 calories, 10 grams fat)

**GRILLING TIP:** *If you're using meat that's more than 85% lean, mix in chopped onions to add moisture and flavor. And step away from the spatula: Pressing down on burgers can turn 'em rubbery.*

## Fish

Fish is the best friend of any healthy diet—high in nutrients, low in saturated fat.

### GOOD Salmon

(233 calories, 14 grams fat)

### BETTER Tuna

(208 calories, 7 grams fat)

### BEST Shrimp

(112 calories, 1 gram fat)

**GRILLING TIP:** *Choose one of the above sturdy seafood picks; they're less likely to crumble than flaky tilapia and sole. Skewer shrimp so they won't fall through the grates and onto the coals.*

## Chicken

Lean and packing a mean punch of protein, a clucker is a no-brainer to toss on the grill, says Marissa Lippert, R.D.

**GOOD** Thigh meat, with skin (279 calories, 18 grams fat)

**BETTER** Breast meat, with skin (223 calories, 9 grams fat)

**BEST** Breast meat, no skin (186 calories, 4 grams fat)

**GRILLING TIP:** *Before grilling, brush on a couple of tablespoons of BBQ sauce for just 40 calories.*