



# Healthy

## BBQ Kit



**SCHS**  
Sunraysia Community  
Health Services

Promoting healthy eating and drinking for  
children and families within our community

A healthier approach to your next barbecue



## About this Resource

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, onion, white bread and tomato sauce, which is a meal low in fibre and high in saturated fat, oil and salt and has limited nutritional value. However, with a little thought and a few small changes, the barbecue can be a healthy and tasty cooking method.

This Healthy BBQ Kit is designed to provide guidance and ideas for making easy changes to the traditional barbecue, providing nutritious options suitable for children and families.

## How your healthy Barbecue can impact your community

- A healthy barbecue is a great opportunity to contribute to the health and wellbeing of your community.
- Show your community that you value their health and wellbeing.
- Reinforce important health messages to children and their families.
- Provide personal satisfaction of being a positive role model.



**Reinforces important health messages to children and families**



**Contributes to health and wellbeing of community**



**Good role model for the community**











**Supports good nutrition for children and adults**



## Tips for Making your BBQ Healthier

### Small changes can make a big difference

Providing healthy food options doesn't mean having to make a lot of big changes. By **reducing saturated fat and salt intake, increasing vegetable, fruit and fibre consumption** and **using healthier cooking methods**, you can make a big difference to the nutritional and energy value of the foods you provide.

<b>REDUCE SATURATED FAT</b>	<p>Use lean meats such as minute steaks, lean meat kebabs, skinless chicken, vegetable burgers and kangaroo steaks</p> <p>Remove any visible fats from meats before cooking</p> <p>If using sausages and meat patties, <b>ask your butcher for reduced fat options (Less than 10g fat per 100g)</b></p>	<p>Use healthier plant oils such as canola</p> <p>Use spray oils to help manage quantity</p> <p>Use the grill plate instead of a flat plate where possible</p> <p>Skip the butter and margarine on bread</p> <p>Use dressings with lemon juice, vinegar, mustard and herbs, with a dash of healthy plant oil such as olive</p>		<p><b>Serving size of oil/margarine = 1 tspn</b> Equivalent to the size of your thumb pad</p>  <p><b>Serving size of meat = approx. 75g</b> Equivalent to the size of your palm</p> 
<b>REDUCE SALT</b>	<p><b>Ask your butcher for reduced salt sausages and patties</b></p>	<p>Flavour with herbs, spices and low fat dressings and marinades</p> <p>Use herbs and spices to flavour meats instead of salt</p> <p>Try natural yoghurt to replace common creamy dressings</p>		<p><b>Serving size of grains =</b> Equivalent to the size of your fist</p> <p>1 small potato 1 slice of bread 1/3 cup of cooked rice or pasta</p> 
<b>INCREASE FIBRE</b>	<p>Always serve salad items such as sliced tomato, lettuce or a side salad</p> <p>Sliced watermelon and corn on the cob are very popular among all age groups</p> <p>Jacket potatoes can be cooked wrapped in foil <b>(for barbecues with closable lids only)</b></p>	<p>Swap from white to multigrain or wholemeal breads, rolls and wraps</p>		<p><b>Serving size of vegetables =</b> 1/2 cup cooked vegetables or legumes</p>  <p>1 cup salad</p> 





## Better BBQ Menu Ideas

Tasty, healthy menu ideas for your next barbecue.

### Main meal

- **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.



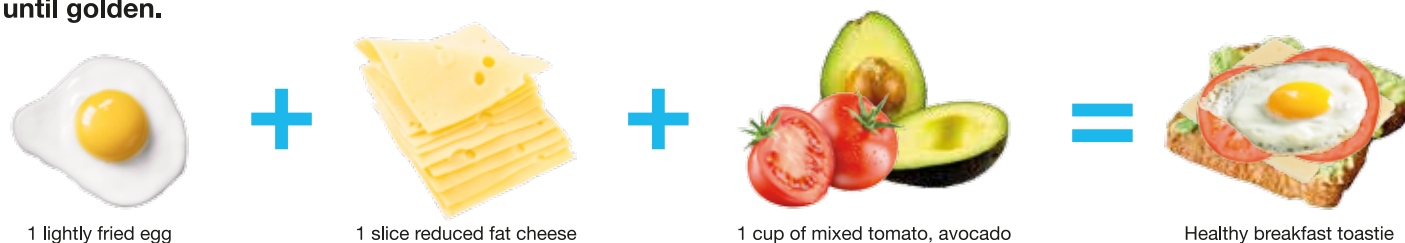
- **Skewers** - marinated lean meat, tofu or haloumi, threaded onto skewers with capsicum, mushroom, cherry tomatoes, and zucchini brushed/sprayed with healthy oil.



- **BBQ wrap/yiros** - thinly sliced lean meat or falafels served on wholemeal pita bread with fresh salad and tzatziki sauce.



- **Breakfast toasties** - pre-make toasties with wholegrain bread and toppings such as lightly fried egg, reduced fat cheese, tomato, avocado or lean ham. Lightly brush bread with oil before barbecuing each side on the hot plate until golden.





## BBQ vegies

- **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 onto skewers.
- **Grilled vegetables** - brush/spray or toss chopped vegetables such as capsicum, zucchini, sweet potato or eggplant and grill or barbecue.
- **Jacket potatoes** - cooked potatoes in wrapped foil on BBQ, then top with salad or vegetables and low fat cheese or yoghurt.



## Salads

- **Coleslaw** - shredded carrot, cabbage, celery, and radish tossed in a reduced fat yogurt, 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 – for meat, tofu and vegetables

- **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.



## Provide Water

Water is the healthiest drink option for people of all ages and is the most effective drink to quench thirst. Other drink options such as juice, soft drink, flavoured milks and energy drinks generally contain a lot of sugar and provide little or no nutrition.





## Prepare and serve

With any type of food storing, preparing and serving, it is always important to maintain food safety and hygiene.

Refer to the following Victorian Department of Health websites for information about food safety.

Food Safety

<https://www2.health.vic.gov.au/public-health/food-safety>

Online Module

Do Food Safely <http://dofoodsafely.health.vic.gov.au/>



## Top tips for preparing food safely

- Wash hands thoroughly before and after handling food.
- Avoid cross contamination between raw foods and ready to eat foods.
- Cook high risk foods, such as meat and poultry, thoroughly.
- Avoid the temperature danger zone; keep cold foods cold at 5 degrees C or colder and hot foods hot at 160 degrees C or hotter.
- Throw out high risk foods, such as meats, that have been left in the 'Temperature Danger Zone' between 5 degrees C and 60 degrees C) for more than four hours. Remember, when in doubt, throw it out.

## How much sugar is in your sauce?



**Tomato Sauce**

1.5 tspn of sugar  
per serve



**Barbecue Sauce**

2 tspn of sugar  
per serve



**Sweet Chilli Sauce**

3.25 tspn of sugar  
per serve



### BEST CHOICES No Added Sugar & Salt varieties of tomato and barbecue sauces.



**Tomato Sauce**  
<0.5 tspn per serve



**Barbecue Sauce**  
<0.5 tspn per serve



**1 serving of sauce**  
= 20g  
(approx 1 tablespoon)

1 tspn sugar = 4.5g

## Further information and support

For further information on how to provide healthy and tasty barbecues, or an electronic version of this resource, contact Health Promotion at Sunraysia Community Health Services.  
Ph: 03 5022 5444 or email [schs@schs.com.au](mailto:schs@schs.com.au)

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Digital version available at [www.schs.com.au/healthy-bbq-kit](http://www.schs.com.au/healthy-bbq-kit)



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