

tip  
card

picnic • BBQ

*free*  
to  
**LIVE**™



## healthy tips



- Stick with foods that are grilled or baked – avoid fried foods.
- Bring along a fun outdoor game like croquet or badminton. It will keep you and your friends active and having fun all day long.
- Bring along a healthy dish to share, like fruit salad or mixed greens.
- Stay focused and aware of your food choices.

	Protein	Veggies	Fruit	Starch	Dairy	Fat
<b>BBQ Chicken Breast</b> , 4oz / 120g	1					
<b>Macaroni Salad</b> , ½cup / 125mL				2		2
<b>Coleslaw</b> , ½cup / 125mL				1		2
<b>Spinach Dip</b> , 2Tbsp / 30mL						2
<b>Green Bean Casserole</b> , ½cup / 125mL		1				1

use foods not on your menu plan in moderation