

thinking ahead...



Gallagher Benefit Services, Inc.



for your company
for your employees
for your future

August 9, 2010

WELLNESS WEEKLY

Look Out For: Fattening Summer Favorites

It's summer: backyard barbecues, cocktails at the pool, baseball games, and lots of fried chicken, ribs, potato salad, ice cream, hot dogs, and beer. Summertime living may be easy, but if you're not careful, summer's fattening foods can really pack on the pounds. While most people are more active during the summer, it may not be enough to burn off the extra calories.

High-Fat Meats on the Barbecue

An average cheeseburger has about 750 calories and 45 grams of fat; and pork or beef ribs? They come from the fattiest part of the animal. The good news: You can go lean with cuts like pork tenderloin, skinless chicken breast, and lean ground beef.

Take Me Out to the Ball Game

Hot dogs and sausages are favorite summer treats for many of us, but you might want to save them for baseball games. It's not just about fat or calories (after all, you can choose lower fat varieties) but hot dogs, bratwursts, sausages and most dogs are high in sodium.

Mayonnaise-Based Salads

A small half-cup portion of typical potato salad has 180 calories and 12 grams of fat. To cut calories, try making your salads with light mayonnaise; or mix mayo with low-fat yogurt, light sour cream, or chicken stock. Or why not try a German-style potato salad, using more vinegar than oil? Then toss lots of veggies into any salad to increase the fiber and nutrients.

Satisfying Thirst Quenchers

Staying hydrated is essential in summer, but those cold drinks can wreak havoc with your waistline. Be careful what you choose -- if you're drinking 12-ounce containers of sweet tea, sweetened soda, energy drinks, juice drinks, or beer, you're probably taking in about 150 calories a pop. Smoothies, milkshakes and cold coffee concoctions can go much higher. Keep liquids in check and drink water or light versions of your favorite quenchers.



Mindless Munching on Snacks

A handful of any kind of snack won't do much harm, but eat too much and it can sabotage your diet. Try snacking on fruits, veggies with light dip, or small portions of fat-free popcorn.

Fattening Fair Food

Fairs, carnivals, and boardwalks serve up some of the most fattening deep-fried diet disasters. From fried cheesecake, fried macaroni and cheese to gigantic turkey legs, most eat-while-you-walk foods will give you calorie overload. Skip the fried foods and choose cotton candy, caramel apples, or a simple grilled meat or share your treat with a friend.

Salad Toppers

Salads can be the perfect summer dinner: light, refreshing, and a perfect way to get your produce and lean protein. If you top your salad with high-calorie items, it can go from lean to fattening in a hurry. High-calorie dressings, fried chicken strips, bacon, cheese, and croutons are among the biggest offenders. Instead, top your greens with grilled chicken, strips of lean meat, or eggs, then pile on the veggies and top with a light dressing.

Finger-Licking Fried Chicken

A bucket of fried chicken is an easy way to feed a crowd, but it can wreak havoc on your waistline (and arteries), especially when you eat more than one. So forgo fried and toss boneless, skinless chicken breasts on the grill. Add flavor with marinades, spice rubs, or top it with fresh salsa.