

Grill and chill: savor flavor with smart, healthy swaps

SOT

Lexi Fitzgerald
OSF HealthCare dietitian

"We want to add things to your diet and not take things away. If you take everything away and go cold turkey, it's going to start cravings. You're going to eventually want to have it and probably binge on it." (:22)

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Lexi Fitzgerald
OSF HealthCare dietitian

"The most important thing is to look at the fat content. Try to do at least 90-10 to get less saturated fat. We don't want that if you have heart disease, high cholesterol or anything like that." (:17)

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"[Put them in] a foil packet. Add some olive oil, salt, pepper and whatever seasonings you want. Zucchini, peppers, onions and corn are all really great options." (:12)

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OSF HealthCare dietitian

"We don't expect perfection. Eighty percent fantastic and 20% not so great is great in my book. As long as you're trying to be mindful about what you're putting on your plate. Make sure you're making those switches to leaner meats, choosing whole grains at least half the time and adding fruits and vegetables. I still eat brownies and cookies. It's not a bad thing to do that whatsoever." (:30)

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OSF HealthCare dietitian

"We always recommend trying to make one small change at a time. Try to switch from regular soda to diet soda. Try that once a day and see how you like it. Once you feel comfortable with that change, move on to the next one. Take it slow. Make sure it's going to be sustainable for you long-term." (:22)