

Grill and chill: savor flavor with smart, healthy swaps

ANCHOR LEDE

Warming temperatures mean it's time to fire up the grill. Experts say comfort food in moderation is okay, but you should strike a balance between tasty and healthy.

TAKE VO

Lexi Fitzgerald, a dietitian at OSF HealthCare, says to choose seafood or leaner meats like chicken. Look for "90 percent lean – 10 percent fat" on the label.

The ideal plate has protein, grain, fruits, vegetables and dairy.

SOT

Lexi Fitzgerald

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)