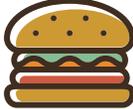
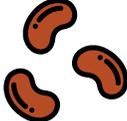




Culinary Nutrition Cuisine

## July 4th Menu Makeover

July 4th is here and that means fireworks, BBQs, and (usually) heavy foods rich in fat, salt, and sugar – the three so-called “hyperpalatables” that drive us to eat more and more of these foods. Regardless of the season, our bodies require a variety of vitamins and minerals. Why not use this Independence Day and the summer season as more opportunities to free yourself from empty calories and processed foods that are full of ingredients you just don’t need? Instead, choose my healthier options that are nutrient-dense and delicious. Happy Fourth of July!

<b>Instead of...</b>	<b>Try...</b> <i>Click for recipes</i>
 <p><b>Hot Dog on a white bun</b></p>	 <p><b>Chicken salad made with yogurt</b></p>
 <p><b>Hamburger on a white bun</b></p>	 <p><b>Turkey burger on a whole wheat bun</b></p>
 <p><b>Baked beans</b></p>	 <p><b>Grilled vegetables, quinoa salad with vegetables</b></p>
 <p><b>Potato chips</b></p>	 <p><b>Edamame hummus and vegetables</b></p>
 <p><b>Coleslaw (mayo-based)</b></p>	 <p><b>Coleslaw made with yogurt and/or vinegar</b></p>
 <p><b>Cake, ice cream</b></p>	 <p><b>Blueberry corn muffins or Zucchini muffins with chocolate chips</b></p>