



Useful nutrition tips from
Natalie Greene, RD

Best and Worst Cookout Foods

Worst

Hamburger patty (4 oz) = 290 calories & 22g fat
Bratwurst (4 oz) = 300 calories & 25g fat
Potato salad (1/2 cup) = 179 calories & 10g fat
Potato or tortilla chips (1 oz) = 150 cal & 10g fat

Better

Buffalo burger patty (4 oz) = 225 calories & 10 g fat
Chicken burger patty (4 oz) = 172 calories & 7 g fat
Turkey burger patty (4 oz) = 160 calories & 9g fat
Beef hot dog (2 oz) = 180 calories & 17g fat
Cole slaw (1/2 cup) = 150 calories & 8g fat
Pretzels (1 oz) = 110 calories & 2g fat

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Best

Veggie burger (2.5 oz) = 110 calories & 4 g fat
Turkey dog (2 oz) = 45 calories & 5g fat
Vegetarian baked beans (1/2 cup) = 100 cal & 1g fat
Raw vegetables (1 oz) = 16 calories & 0g fat

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