

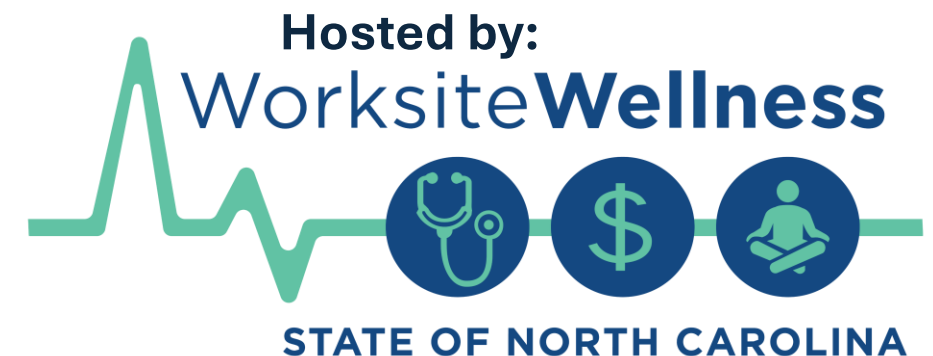
Let's lunch and learn!

May 2026

If you participate in the State Health Plan, you can find a nutritionist near you by logging into your Aetna account.

Dietician visits are covered at 100 percent when an in-network provider is used. Visit www.shpnc.gov to learn more.

For future Worksite Wellness Lunch and Learn events or recordings of previous events, visit oshr.nc.gov/wellness-webinars.





Cookout Makeovers: Healthy Twists and Tips on Backyard Favorites!

By Katie Godin, RD, LDN

LifeStyle
MEDICAL CENTER

Evidence-based Lifestyle Modification
and Medical Nutrition Therapy

Katie Godin, RD, LDN

- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- **Services offered:**
 - Weight Management
 - Women's Health
 - Sports Nutrition
 - Chronic Disease Counseling
 - Bariatric Support
 - Smoking Cessation
 - Sleep Assessment and Stress Management
- <https://lifestylemedicalcenters.com/>



Tip #1: Lean Protein Options!

- Chicken or Turkey Burgers:
 - Favorite Recipe <https://www.skinnytaste.com/greek-turkey-burgers/>
- Black Bean or Veggie Burgers
- Grilled Chicken / Kabobs
- Salmon / Shrimp
- Tempeh / Tofu
- **Additional Tip:** Try Lettuce Wrap or ½ Bun if you plan to have multiple carb rich sides.



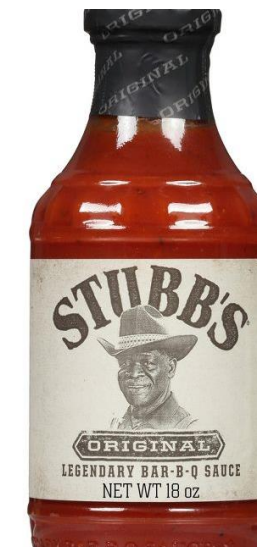


#2: Grill Your Fruits and Veggies

- Bell Peppers
- Zucchini
- Corn
- Asparagus
- Onions
- Mushrooms
- Pineapple
- Peaches
- Watermelon

#3: Aim for Healthier Marinades / Sauces

- Olive oil / Lemon Juice + Garlic and Herbs
- Lower Sugar BBQ Sauce
- Lots of spices (Garlic Powder, Onion Powder, Paprika) vs. salt
- Hummus / Tzatziki for dipping
- Vinegar / Citrus based marinades vs creamy (Less fat).
 - Try this easy recipe!
<https://theforkedspoon.com/citrus-chicken-marinade-recipe/>



#4: Simple Salads!

- Caprese Salads (Tomato, Basil, Mozzarella)
- Avocado Salads (Avocado chunks, Vinegarett Dressing, Pine Nuts, Green Onions)
- Traditional Green Salads + Olive Oil Based Dressing
- Bean Salads : My Favorite Recipe!
https://jenneatsgood.com/chopped-white-bean-mediterranean-inspired-salad/#google_vignette





#5: Healthy Side Dishes

- Fruit Salad
- Fresh Produce / Veggie Trays
- Greek Yogurt based Potato Salad
- Vinegar based slaws
- Sweet potato wedges
- Quinoa Salads
- Higher protein pasta salads : My Favorite Summer Pasta Salad!
<https://www.skinnytaste.com/summer-pasta-salad-with-baby-greens/>
- Healthy Dips for Veggies! Try this Cucumber Dill Dip!
<https://www.meatloafandmelodrama.com/easy-cucumber-dill-dip/>

#6: Lighter Desserts

- Grilled Fruit + Yogurt, Mascarpone cheese or scoop of Ice Cream!
- Traditional Makeovers
 - Peach Crisp
<https://www.loveandlemons.com/peach-crisp/>
 - Yogurt Cheesecake Bites!
<https://www.skinnytaste.com/lemon-cheesecake-yogurt-cups/>





#7: Rethink Your Drinks!

- Mocktails
 - **Cucumber Spritz Mocktail:** Muddle 4-5 thin cucumber slices with 5 fresh mint leaves and 1 tsp lime juice. Fill with ice, top with unsweetened sparkling water, and mix.
- Seltzers or Infused Waters:
 - <https://www.asweetpeachef.com/infused-water-recipes/>

8: Helpful Portion Control Strategies

- Plate Method Approach :
 - ¼ Plate Grilled Meat, ¼ Plate Potato Salad, ½ Plate Grilled Veggies
- Have a game plan for when you get there. Browse foods before you eat.
- Frontload meal with fruit / veggies , then get main + sides.
- Take a seat vs. standing right by the food table. Just the act of sitting can slow down your pace of eating.
- Avoid saving up for the bigger meal. Plan to eat structured and balanced before the cookout.



A scenic landscape featuring a bright blue sky, lush green trees, and a vibrant yellow field. The text "THANK YOU" is centered in the middle of the image in a white, serif font.

THANK YOU

References:

- <https://www.eatright.org/food/food-preparation/cooking-tips/tips-for-a-healthy-cookout>
- <https://leaf.nutrisystem.com/cookout-at-home-healthy-tips/>
- <https://www.ncoa.org/article/simple-tips-for-a-healthy-and-safe-cookout/>

Let's Cook!

Recipe from Clean Food Crush

<https://cleanfoodcrush.com/healthy-creamy-potato-salad-recipe/>

