**Healthier sausage sizzles and alternatives**

There are a number of ways to make the common sausage sizzle consistent with *Smart Choices*. The table below lists healthier options for foods commonly used at sausage sizzles.

|  |  |
| --- | --- |
| Bread and buns | * wholemeal
* multigrain
* high fibre white
* do not pre-butter bread and buns
 |
| Salad | * use plenty of fresh vegetables
* avoid creamy or oily dressings
 |
| Meat | * choose kebabs, lean steaks, lean burgers and skinless chicken breasts
* source reduced-fat and reduced-salt sausages from a local butcher or commercial distributor
 |
| Vegetarian | * vegie burgers
* vegie sausages
* barbequed vegetables
 |
| Vegetables | * barbecued mushrooms, zucchini, capsicum, eggplant and onion – marinated for extra flavour
* barbecued corn on the cob
* jacket potatoes stuffed with low-fat coleslaw, tuna and mayonnaise, baked beans and reduced-fat cheese, and salad
 |
| Fruit | * whole fruit or fruit salad
* frozen fruit for extra variety
 |
| Drinks | * cold water
* small bottles of fruit juice
* low-fat flavoured milk
 |