

**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.

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| 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 |