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|  | **Tip:**  | **Picture**:  |
| **Week 1:** | **How to Avoid Overeating at a BBQ?*** Have a snack before you go. Skipping meals leads to overeating later in the day.
* Slow down! Your brain is 15 minutes behind your belly.
* Load up your plate with veggies!
* Skip the bun and wrap your burger in lettuce.
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| **Week 2:** | **Stay Refreshed Without the Added Calories**Alcoholic beverages sound like the way to go on a hot day BBQ. Many of our refreshing summer cocktails are loaded with sugar. A Pina Colada contains 31 grams of sugar. Try a flavored sparkling water or adding a piece of lemon to your glass of water. |  |
| **Week 3:** | **Bring a Healthy Dessert**Cookies and pies are all over. To avoid the temptation by bringing a bright and colorful fruit salad.Try staying away from the ice cream, by having some Greek Yogurt. |  |
| **Week 4:** | **It Is Ok to Pass On Seconds**Whenever we're eating in a social situation, there can be a lot of pressure to eat more than we should. Just because someone offers you a second helping doesn't mean you need to accept. Enjoy the social aspect of a summer BBQ and spend quality time with family and friends.  |  |