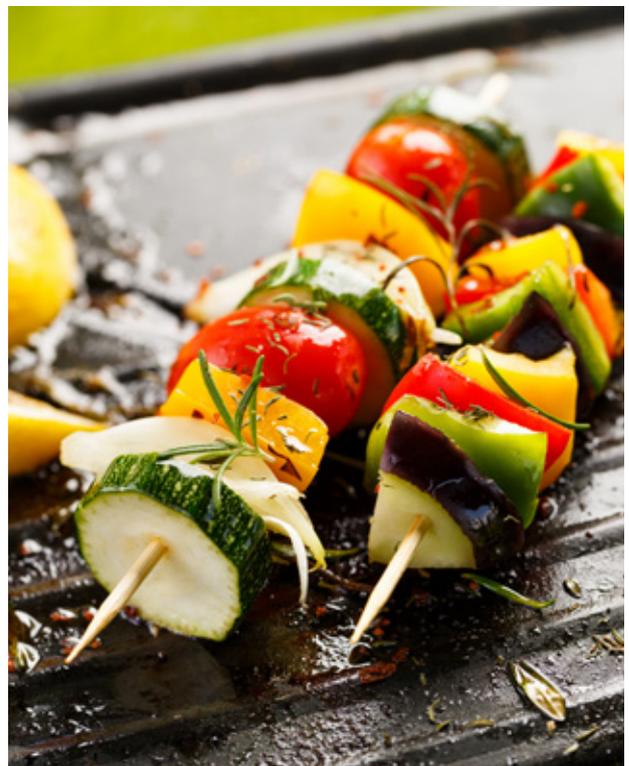


Have you considered a healthier sausage sizzle?

Below are some healthier ideas and tips to make your next sausage sizzle stand out from the crowd.

Healthier sizzle ideas, tips and tricks:

- Swap out white bread for wholemeal, or wholegrain or high fibre bread.
- Limit the amount of oil you use.
- Leave the margarine off bread.
- Use salt reduced or no added salt sauces.
- Add some colour to your sizzle, make it a veggie BBQ or offer veggie kebabs.
- Use leaner meat (<10g fat per 100g and <500mg salt per 100g).
- Provide additional choices like kebabs, lean steaks, lean burgers and skinless chicken breasts.
- Work with your local butcher to see if they can add grated vegies into the sausages or hamburger patties.
- Offer barbequed corn on the cob.
- Serve fresh fruit or salad.
- Have plenty of cold water available.
- Limit the availability of sugary soft drinks, and promote the cold, plain water.



For more information or ideas to make your next sizzle healthier, contact the City's Health and Wellbeing Officer by ringing **08 9394 5000** or emailing **info@armadale.wa.gov.au**