

222-PAGE LAST-MINUTE BEACH-BODY SPECIAL!

EXTRA!
9-Page
Premiership
Guide

Men's Health

SMALL STEPS, BIG RESULTS!

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Less Fat**
Guilt-free kebabs,
steaks and burgers

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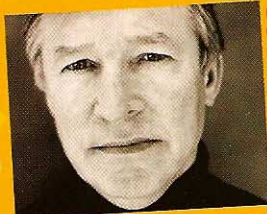
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< Eat this | Not that >

Ready to garden party? Brits love barbies – we held 75 million last year – and can avoid piling on the pounds with a few smart menu shifts

LIGHTLY SALTED DORITOS DIPPAS

Per 50g serving 245 calories, 3.7g protein, 11.5g fat (5.5g sat), 31.5g carbohydrates, 1.8g fibre, 0.2g sodium

Ever tried to light a Pringle? Their concentration of fat makes them surprisingly flammable. "Tortilla-style dipping chips are less fatty and have a lower sodium content," says nutritional therapist Emma Wells of Smart Nutrition.

SALT AND VINEGAR PRINGLES

Per 50g serving 277 calories, 2.2g protein, 18g fat (6.5g sat), 26g carbohydrates, 1.7g fibre, 0.5g sodium

TZATZIKI

Per 50g serving (Sainsbury's)

63 calories, 2g protein, 5.3g fat (2.6g sat), 1.9g carbohydrates, 0.2g fibre, 0.2g sodium

"Watch out for mayonnaise-based dips," warns Wells. "Just one tablespoon of mayo contains over 10g of fat. Tzatziki, however, is mainly yoghurt – a calcium boost." You can have four scoops instead of one and still cut out fat. Fantzatziki.

CHEESE AND CHIVE DIP

Per 50g serving (Sainsbury's)

239 calories, 1.7g protein, 24g fat (3.3g sat), 2.6g carbohydrates, 0.1g fibre, 0.2g sodium

LAMB SHISH KEBAB

Per kebab (Sainsbury's) 145 calories, 16.3g protein, 7.3g fat (0.8g sat), 2.5g carbohydrates, 1.5g fibre, 0.5g sodium

GREEK-STYLE KOFTE KEBAB

Per kebab (Sainsbury's) 196 calories, 11.2g protein, 15.3g fat (5g sat), 3.4g carbohydrates, 1.2g fibre, 0.6g sodium

Swap meat-heavy kebabs for a combination of meat, peppers and onions. "It will sit less heavily in your stomach," advises Wells, "and the vitamin C in the peppers will help you absorb higher quantities of performance-enhancing iron from the lamb."

STEAK SANDWICH

Per 1 portion, 200g 450 calories, 29.7g protein, 13.8g fat (3.8g sat), 50.9g carbohydrates, 4.5g fibre, 0.8g sodium

BURGER IN A BUN

Per 1 portion, 200g 622 calories, 33g protein, 33.5g fat (10.1g sat), 46.3g carbohydrates, 3.7g fibre, 0.7g sodium

You don't want to be nibbling a Quorn sausage, but burgers need a high quantity of fat to bind them together. "Barbecuing is the healthiest way to cook lean beef cuts, so you can satisfy your carnal cravings without sacrificing protein," says Wells.

POTATO AND BEETROOT SALAD

Per 150g serving, 4 tbsp 260 calories, 3g protein, 22.9g fat (3.6g sat), 11.4g carbohydrates, 7.8g fibre, 0.2g sodium

COLESLAW

Per 150g serving, 4 tbsp (Sainsbury's) 336 calories, 2.1g protein, 40.8g fat (4.2g sat), 6g carbohydrates, 5.1g fibre, 0.5g sodium

The chunkier potato and beetroot salad is a smarter choice (and if you make it yourself you can choose to go easier on the mayo). "Swapping high fat for carbs means you'll need less to fill you up, while the beetroot adds vitamin C and dietary fibre, as well as anti-cancer properties," says nutritional therapist Carolyn Hill.

BUD LIGHT

Per 500ml can 154 calories, 1.5g protein, 0g fat, 7.8g carbohydrates, 0g fibre, 0g sodium

STELLA ARTOIS

Per 500ml can 295 calories, 2.1g protein, 0g fat, 18.2g carbohydrates, 0g fibre, 0g sodium

Contrary to popular belief, alcohol calories aren't all converted directly into fat. "Most are converted into acetate, a substance your body uses for fuel instead of fat reserves, inhibiting weight loss," warns Carolyn Hill. Drinking lighter beers more slowly will also deter you from snacking on charred leftovers later on.

CHICKEN BREAST

Per 1 fillet (Sainsbury's) 214 calories, 40.3g protein, 4.6g fat (1g sat), 0.5g carbohydrates, 0.1g fibre, 0.1g sodium

CHILLI-GLAZED WINGS

Per 2 wings (Sainsbury's) 194 calories, 19.8g protein, 11.8g fat (3.5g sat), 2.2g carbohydrates, 0.1g fibre, 0.1g sodium

Wings – we must be missing something. "For every two fatty, gluey wings, you could be tucking into a juicy chicken breast fillet, and doubling your protein intake," says Hill. "You'll also get a great dose of B vitamins, which are important in manufacturing sex hormones." And you won't need a handful of napkins and a toothpick afterwards.

