**Tips for Your Best (And Healthiest!) Fourth of July Yet**

Let’s be honest here, would the Fourth of July be complete without a grill out, sweets, and adult beverages? This summer holiday is all about food, family, and having a good time. However, we believe that the 4th doesn’t have to include sacrificing your healthy habits and push back your fitness progress!

A healthy and happy Fourth of July is achievable with some healthy substitutions and preparations. Here’s how to enjoy your holiday festivities without the sugar crash and junk food hangover the next day:

**Eat Well**

Hotdogs, burgers, and sausages straight from the grill are Fourth of July food staples. However, they’re not exactly nutritious or filling – making it easy to overeat and pile up on calories, fat, and sodium. We recommend these healthy eating tips:

*Stick with 100% whole-wheat buns*. White bread has almost no nutritional value and a lot of added sugars. If you really want a bun for your burger or hotdog, swap it out for a 100% whole-wheat bun. Whole grains will help satisfy your hunger and keep you energized – without all that added sugar!

*Watch the sides*. Popular side dishes like potato salad, cheese dip, and potato chips add a sneaky amount of calories and fat to your plate. Watch your portions and opt for only one, small scoop of your favorite side and savor it. We also recommend swapping out the junk food sides for healthier alternatives. Check out some of these healthy and yummy [side recipes](http://www.eatthis.com/healthy-side-dishes).

*Skip the ketchup*. While ketchup is a low-calorie condiment, it’s loaded with sugars (mostly fructose corn syrups) and doesn’t provide your body with many nutrients. Ditch the ketchup and season your food with spices for extra flavor. If you can’t give up the condiments, check out this [list of healthier condiments](http://www.prevention.com/eatclean/healthy-condiments) to top off your burger.

*Grill lean meats*. Ever thought of serving up some turkey burgers or sausages in place of beef? Sticking with lean meats will help you keep calories under control by limiting your fat intake. Look for the leanest cuts of beef, chicken, and pork to grill.

*Add veggies*. Make sure veggies are available at all times. If you want to treat yourself with a burger, make up for it by replacing a chips-and-cheese platter with roasted veggies and hummus. You can even make veggies the main dish by grilling kabobs with chicken and a variety of veggies. Check these delicious [kabob recipes](http://www.eatingwell.com/recipes/19345/cooking-methods-styles/bbq-grilling/kebab/).

*Use small plates*. Always remember portion control! Use small plates to help prevent over-serving and overeating. You can also grab sectioned plates and fill the big sections with healthier choices while filling the smaller sections with less-healthy choices.

*Stay mindful of your hunger*. Eating while socializing can turn eating into a mindless act. It’s hard to keep track of how many chips you’re chopping on while chatting with your friends and family. Be sure to ask yourself if you’re actually hungry before grabbing snacks, and be sure to pay attention to your food while eating.

**Keep Moving**

Backyard grill outs can make it easy to sit in a comfy spot on the patio all evening. Remaining sedentary for an entire evening (especially while eating a heavy meal) can cause a lot of discomfort. It’s important to keep yourself moving to help your digestive system and burn off some calories. We recommend these activities to keep yourself moving:

*Play yard games*. Set up your favorite yard games like bags, ladder toss, or even a slip and slide. These games add a lot of fun to any celebration, and they’ll keep you and your family active!

*Dance*. Play your favorite party tunes and bust a move! Dancing can burn some major calories and it’s an exercise you can do for a while before getting burnt out.

*Take a walk*. After your dinner, take a walk around the neighborhood to say hello to neighbors and get a better view of the fireworks. If walking around the neighborhood isn’t an option, be sure to stand as much as possible throughout the night and avoid sitting all evening.

Keep up with your healthy habits and use these tips to have a fun and healthy Fourth of July. What are some of your favorite healthy foods and activities for the holiday?