

FRST CENTER NUTRITION

FUEL FOR THE FRONTLINE: STARS, STRIPES, AND HEALTHY BITES



SOUTH DAKOTA
STATE UNIVERSITY

South Dakota First
Responders Support Training

Fourth of July celebrations often center around family, friends, and great food. Enjoying classic cookout favorites doesn't mean sacrificing your health goals—a few simple choices can help you make the most of the holiday while supporting your overall wellness and performance!

Fourth of July Cookout Tips

Build a Balanced Plate

- **Don't Skip Produce**
 - Fill ½ your plate with fruits and vegetables
- **Opt for Lean Protein Options**
 - Chicken, turkey burgers, fish, lean beef
- **Limit Portions of Chips, Dips and Desserts**
- **HYDRATE!**
 - Summer heat increases fluid needs

Red, White, and Blue Parfait¹

Serving: 1

Calories: 245 kcal Carbohydrates: 34g Protein: 14g

Ingredients

- ½ cup fresh strawberries cut into small pieces
- ¼ cup fresh blueberries
- ½ cup fat free plain or vanilla Greek yogurt
- ¼ cup all natural granola
- Honey (optional)



Directions

1. Layer bottom of glasses with strawberries
2. Layer with a couple of tablespoons of yogurt
3. Next, layer with blueberries.
4. Place a layer of granola
5. Then repeat with another layer of strawberries, yogurt and blueberries (red, white and blue)

FOOD SAFETY REMINDERS



COOK FOOD TO THE PROPER TEMPERATURES

Chicken- 165°F

Beef- 145°F

Seafood - 145°F

Casseroles - 165°F

4 HOURS IS THE TEMPERATURE DANGER ZONE

If food sits out for longer than **4 hours** between the temperatures of **40° F** and **140° F**, bacteria can multiply to unsafe levels

DIFFERENT FOODS HAVE DIFFERENT STORAGE TIMES

In general, consume or freeze any cooked leftovers within **3-4 days**