Summer is one of the best times to enjoy family cookouts, barbecues and parties. However, you don't have to give up healthy eating at the expense of your favorite foods. Zipongo can help.

Follow Zipongo's healthy nutrition tips:

- Stay hydrated with water or iced tea rather than sodas or juice. Mix up your water routine and infuse fresh fruit and herbs for added flavor.
- Choose lighter dips such as salsa or guacamole instead of queso or sour cream dip. Stick to fresh veggies and fruits rather than chips. Enjoy lean proteins on the barbecue such as skinless chicken, fish or lean ground beef. Then, ditch the cheese and mayonnaise on your burger.
- Love your summer classics? Make a coleslaw with broccoli for additional fiber and substitute half of the mayo for nonfat Greek yogurt. Whip up a potato salad with a vinaigrette instead of a mayo-based dressing.
- Satisfy your sweet tooth with a fruit smoothie such as a spinach pineapple smoothie. Smoothies are full of fiber while fruit juices separate the fiber out. Rather than going for traditional ice cream, try frozen yogurt as a lower fat alternative.

Zipongo empowers you to make better decisions about what to eat - at home and on the go. This program is available to primary CU Health Plan members. You can even add up to four of your household members to your account. Use Zipongo from your desktop or smartphone - whichever works best for you.

Whether you are looking for a health recipe or unsure what to order at a restaurant, Zipongo will help.

Register today