

TIPS TO MAKE HOT DOGS HEALTHY



**Select healthy buns;
whole-grain or
multigrain**

**Pick healthy
uncured, lean
meats for the filling**



**Try meatless hot
dogs made with
veggies, pulses,
or soy**

**Use pregnancy-safe
herbs and seasonings
for flavoring**



**Pick hard cheese
such as cheddar
and parmesan**

**Avoid sauces made
of raw eggs, such as
hollandaise sauce**

