

# Healthier Super Bowl snacks

On Super Bowl Sunday, people across the country will gather at homes, restaurants, and bars to watch the big game and enjoy game-day food. Sadly, traditional football fare tends to be high in fat and calories and low in nutrition. The Calorie Control Council says many Super Bowl fans will consume 2,000 calories or more during the game. That's about a full day's worth of calories in just a few hours.

So how can you enjoy the game without the unhealthy side effects? Here are a few tips to help:

- Keep a zero-calorie drink like water in your hand, and sip on it throughout the day instead of snacking on food.
- Keep your distance from the kitchen or wherever the food is sitting out. If it's out of sight, you'll be less likely to mindlessly reach for snacks when you're not hungry.
- If fresh fruit and veggies are available, fill your plate with those. This leaves little room for other choices.

Be mindful of how much you're eating, and stick to only a small serving of the high-calorie foods. If you're cooking, take the opportunity to prepare a variety of healthy but fun choices for your guests.

## Super Bowl WINNERS & LOSERS

Not all football food needs to be unhealthy. Swap out the high-calorie traps for these champion choices:



**Instead of:**

Grab-size bag of potato chips – **260 calories**



**Instead of:**

3 Chicken wings – **220 calories**



**Eat:**

Fresh veggies with 1 tablespoon low fat dip – **50 calories**



**Eat:**

Turkey chili – **109 calories per ½ cup**



**Instead of:**

4-inch square Brownie – **340 calories**



**Instead of:**

Peanuts – **170 calories per ounce**



**Eat:**

One medium scoop of low fat frozen yogurt – **112 calories**



**Eat:**

Low-fat microwave popcorn – **32 calories per cup**

Source: USDA SuperTracker Tool