State fair food. How unhealthy?

State fair food booths are famous for deep-frying most anything—even butter. It's not unusual for a single serving to hit 500 or even 1,000 calories, with dozens of grams of fat.

As unlikely as it may sound, it is possible to get a taste of a state fair without overindulging, says Dr. Donald Hensrud, a Mayo Clinic specialist in nutrition and preventive medicine.

- Give yourself a good start and eat something healthy before you go. Have some fruit to start the day or a salad before you go in the afternoon.

- Work off the extra calories through walking, which is easy to do at the fair.

- Burn off extra calories by getting in an extra workout or two, before or after the fair.

- Decide ahead of time how much and what you'll indulge in. If you have a plan, you're less likely to overeat. Turkey legs on the midway or dairy barn homemade ice cream? Pick one and plan ahead.

- Split portions with family or friends. This will not only help decrease calorie intake, but also lets you enjoy more tastes and may help to save money.

- Drink plenty of water to stay hydrated and aid the digestive process. Stay away from non-diet soda. It's loaded with calories and sugar and has no nutritional benefit. Drink water instead.

- Don't panic if you overindulge. Return to your normal eating routine the next day.