

Remember...

It's the SUPER Bowl, not the SUPPER Bowl

Good intentions for making healthy diet changes often get side-tracked on special occasions. Whether you're a Bear fan or cheering for the Colts, the Super Bowl does generate a lot of social gatherings and that means food.

Learning to make a "game" plan can help you navigate the high calorie foods that show up at parties. Can't seem to resist potato chips? Or is it the double-cheese pizza that calls to you. Identify your "trigger" foods – and then decide ahead of time, how much, and when you will have a serving.

It takes a lot less calories to watch a football game than it does to play one. Just remember who is doing the work!

Fuel Enough for A Player

**6 BBQ Chicken Wings – 400 calories
2 oz Blue Cheese dressing – 290 calories
1 serving Beef Nachos & Cheese – 305 calories
2 oz Peanuts (2 handfuls!) – 350
24 oz regular beer or regular soda – 320 -350 calories
TOTAL = 1675 calories**

Airchair Athlete Fuel

**Baked Nachos, Cheese, & Beans – 202 calories
Salsa - 20 calories
Assorted Raw Veggies – 32 calories
1 oz Lite Ranch Dip – 60 calories
24 oz Lite Beer – 192 calories
OR 24 oz Diet soda – 0 cal
TOTAL = 304 - 506 calories**

Make it a goal to put a limit on high fat foods and alcohol. It's the key to staying on the winning health team!