

## Super Bowl Stats and Strategies

On Super Bowl Sunday, more food is eaten than on any other day except Thanksgiving! The average watcher consumes 1,200 calories during the big game. It would take 4 hours of walking to burn those calories off!

**Have a game plan** to avoid falling into that high calorie trap. Before the game, decide how much you want to eat. Low-calorie food and drinks will help you avoid overeating.

### Healthy snacking

- Make pizza with whole wheat crust (Boboli crust or pizza dough) Top with grilled or roasted veggies and reduced fat cheese.
- Fill a football-shaped snack bowl with cut fruit instead of chips.
- Use ground turkey instead of beef in your chili recipe.
- Use reduced-fat or fat-free sour cream or Greek-style yogurt in your dip.
- Have healthy dippers: colorful vegetables; baked chips; chips and crackers with 2g fiber.
- Enjoy shrimp cocktail.
- Serve peanuts in the shell instead of mixed nuts or dry roasted peanuts.
- Eat hummus with veggies or whole wheat pita.

- Have trans-fat free popcorn (Paul Newman's or Smart Balance).

### Healthy sipping

- Calorie-free water or sparkling waters
- Sugar-free (diet) sodas and iced tea
- Tomato juice or V8 juice

The calories in alcoholic beverages can wreck your healthy eating plans. A 12 oz. beer has at least 150 calories, light beer, 110 calories and a 5 oz. serving of wine, at least 100 calories. If you do drink alcohol, do so in moderation. Have a glass of water or seltzer or diet soda before each drink of alcohol.

### Healthy serving

- Put food on a plate to keep track of what you eat and how much.
- Use smaller lunch or snack plates instead of larger dinner-sized plates, and use small cups.
- Don't offer too many choices; people tend to eat more when there is more variety available.
- Use small serving plates and bowls. People eat more when there is a larger amount available.
- Put ALL the food and beverages in a room where you're not watching the game.

## Recipe of the Week: Laura's Cranberry Chaser

Makes about 10 8-ounce servings

*Save this and all the January recipes for your play-off parties!*

2 liters of plain or lemon seltzer  
1/2 liter of cranberry/lime seltzer  
4 ounces unsweetened cranberry juice  
1/2 lemon or 1 lime, cut up

Combine all ingredients in a large pitcher or jug. Prepare a bit in advance so the fruit flavor has a chance to diffuse.

### Nutrition Facts per 8-ounce serving:

Calories 3.5	Carbohydrates 0.9 grams
Sugars 0.5 grams	Fat 0 grams
Fiber 0 grams	

Experiment with other combinations of seltzer and unsweetened fruit juice. Pour a large glass of seltzer and top with a splash of grapefruit juice, or cranberry and orange juices together. Refreshing and few calories!

**Tip of the Week** Be sure to do a warm-up before you start a session of strength training. Cold muscles are more prone to injury than warm muscles. Before you lift weights or use bands or machines, warm up with five to 10 minutes of brisk walking or other aerobic activity.

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