

SUPER BOWLS OF FOOD

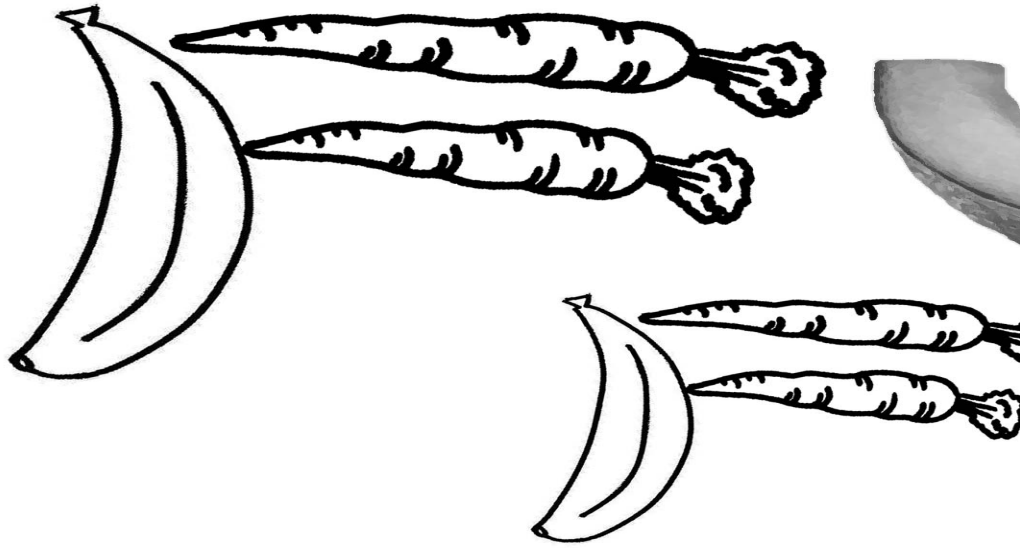
From Angie Widmer
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Next to Thanksgiving, experts say Americans consume more calories as a nation on Super Bowl Sunday than on any other day of the year.

By the time the final whistle blows at the Super Bowl, Americans will have downed about 156 billion calories, mostly from greasy pizza, fried chicken wings and beer.

For anyone who has made New Year's resolutions to eat healthier, the Super Bowl offers a host of calorie temptations. It is often the first major willpower test of the year and has been the cause for many unfulfilled attempts at leading a healthier life.

Fear not! We have included some ideas to make Super Bowl Sunday low fat and, in some cases, low calorie. Now that you have some healthy ideas, you can enjoy the game without resorting to carrot and celery sticks!



OPERATION NUTRITION

- ✓ Order pizza without cheese and ask for extra veggies.
- ✓ Use plain yogurt instead of sour cream to mix up the dip.
- ✓ Use baked or low-fat chips and veggies for dipping.
- ✓ Make nachos using reduced-fat cheese and baked chips.
- ✓ Drink diet soda or soda water instead of soda or juice.
- ✓ Use low-fat microwave popcorn.
- ✓ Eat pretzels instead of chips.
- ✓ Make submarine sandwiches using low-fat mayo, mustard, low-fat cheese, and like turkey breast.
- ✓ Skip the salami and bologna while piling on veggies such as green pepper strips, toes, mushrooms, onions, pickles, cucumbers and grated carrots.
- ✓ Order a fruit tray from your local grocer instead of a cheese tray.
- ✓ Serve a broth-based soup instead of a cream soup.
- ✓ Make a pot of vegetarian chili instead of the regular beef-based, or use low-fat breast instead of the regular beef.
- ✓ Put out cereal mix instead of mixed nuts.
- ✓ Instead of chicken wings, make chicken fingers using skinless chicken breast strips, milk and seasoned bread crumbs and bake at 425 degrees for 10 minutes. Dip in honey or barbecue sauce.
- ✓ Take a walk at halftime instead of watching Bruce Springsteen.
- ✓ Watch the game while running on your treadmill.