



# **GAME DAY GRUB: A GUIDE TO HEALTHY EATING**



*Sporting events like the Super Bowl are famous for celebration and heavy eating, ranking just behind Thanksgiving in food consumption. The result? Super Bowl Monday- AKA the leading day for work absences. This guide offers practical tips for enjoying the festivities while maintaining a healthy, balanced diet.*



**The key to healthy game-day eating is preparation. By thinking ahead, you can stay in control of your choices whether you are hosting the party or heading to a friend's. Follow these tips to keep your energy up, your health goals in check, and become the real Super Bowl MVP.**

**Q1. Lighten Up Classic Recipes:** Many traditional game-day favorites can be easily modified to be healthier without sacrificing flavor.

- Dips and Spreads: Swap sour cream or mayonnaise bases for Greek yogurt, blended cottage cheese, or mashed avocado in dips. For example, use plain Greek yogurt for a healthier ranch or onion dip.
- Chili and Stews: Load up on vegetables and lean proteins (like turkey, chicken, or plant proteins) and use less fatty beef & sausage. Add beans for fiber.
- Wings: Instead of deep-frying, bake or air-fry chicken wings. Use dry rubs or homemade sauces with less sugar and sodium.

**Q2. Prioritize Fruits and Vegetables:** Make produce the star of your snack spread. They are high in fiber, vitamins, and minerals and help you feel fuller longer.

- The Veggie Platter Upgrade: Go beyond baby carrots and celery. Include bell peppers, cucumbers, snap peas, radishes, and cherry tomatoes. Pair them with healthy hummus, guacamole, or a lightened-up dip.
- Fruit Skewers or Fruit Salad: A colorful fruit salad or fruit skewers are naturally sweet and refreshing. Include seasonal options like berries, grapes, and melon.
- Snackable Veggies: Try roasting cauliflower or broccoli florets with a light seasoning for a savory, satisfying crunch.

**Q3. Smart Snacking Strategies:** Even with a healthy spread, smart strategies are needed to navigate the day-long snacking that often accompanies big game.

Strategy	Description
Eat a Balanced Meal Beforehand	Have a nutritious meal (lean protein, whole grains, and vegetables) before the event starts to curb intense hunger and reduce the likelihood of overeating less-healthy snacks.
Choose Smaller Portions	Use smaller plates or bowls for snacks to help control portion sizes.
Hydrate Wisely	Often, thirst is mistaken for hunger. Drink water or unsweetened beverages. Avoid excessive intake of sugary sodas and alcoholic drinks.
Mindful Munching	Don't eat just because the food is there. Take a break from the food table, focusing on the game and conversation.

**Q4. Beverage Balance:** Drinks contribute significantly to overall calorie and sugar intake during an event.

- **Water First:** Always have a glass or bottle of water handy.
- **Limit Sugary Drinks:** Opt for sparkling water with a splash of fruit juice or sliced fruit, or unsweetened iced tea.
- **Moderation with Alcohol:** If drinking alcohol, alternate each alcoholic beverage with a glass of water to stay hydrated and slow your pace. Choose lower-calorie options like light beer or wine spritzers.

*By putting these strategies into play, you aren't just eating better—you're ensuring you stay energized from the first kick to the final tick. The goal isn't perfection; it's balance. You don't have to fear the treats; just aim for moderation. By balancing indulgent bites with nutrient-dense fuel, you can enjoy the game and feel like a winner the next day.*

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*Cheering you on to a healthy win,  
Marissa Powers MHS, NBC-HWC*

