



**HEALTHY**

**Tailgating**

# Fall into Healthy Habits

## HEALTHIEST WEIGHT PLAY CARD

PREGAME WARM UP	HEALTHY GRILLING OPTIONS	TACKLE EXCESSIVE SNACKING	HEALTHY HALFTIMES
<p><b>OFFER TO HOST THE PARTY OR TAILGATE</b> Be responsible for the main courses and organize healthy options.</p>	<p><b>RETHINK YOUR BURGER</b> Ground turkey or beef, 93% lean or more, are good choices. Make sliders instead of full-sized burgers. Fill whole grain buns with small meat patties, barbecued chicken or thin pieces of steak.</p>	<p><b>FRUIT &amp; VEGETABLES</b> Create fruit skewers. Pick your favorite fruits and be as colorful as possible. Provide a vegetable tray with lowfat ranch dressing, guacamole, Greek yogurt or hummus for dipping.</p>	<p><b>HOT ROUTE</b> If watching the game at the stadium or a tailgate, grab a friend and take a walk. Visit friends or other tailgates.</p>
<p><b>PLAN YOUR MEALS</b> Planning your tailgate menu will help avoid pre-cooked and pre-packaged meals and also cuts down on spending.</p>	<p><b>SCORE WITH HEALTHIER BURGER TOPPINGS</b> Reach for avocado, tomatoes and lettuce. Skip the cheese and save almost 100 calories and 5 grams saturated fat per slice. Skip mayonnaise and bacon. Choose mustard or light mayo.</p>	<p><b>SLAWS &amp; SALADS</b> Whip up some healthy slaws or salads using kale or Brussels sprouts as the main ingredients.</p>	<p><b>START YOUR OWN GAME</b> If you have enough room at your house, start a friendly football game with your friends.</p>
<p><b>SHOW YOUR PRIDE</b> Incorporate dishes made of fruits and vegetables that share your team's colors.</p>	<p><b>THE 100% WHOLE WHEAT OPTION</b> Whole wheat buns are a great source of fiber and will help you feel full longer.</p>	<p><b>CHIPS &amp; DIP</b> Portion your chip dip in individual plastic cups and select whole grain chips.</p>	<p><b>PICK UP THE CLUTTER</b> Help your host pick up tailgate clutter or clean a few dishes in the kitchen. Every little bit counts.</p>
<p><b>NOT THE HOST?</b> Plan and eat a healthy meal beforehand to avoid overeating.</p>	<p><b>BRATS, SAUSAGES, HOT DOGS &amp; STEAKS</b> Choose options with 3 grams of fat or less per ounce. Pick leaner cuts of beef like sirloin, T-bone and flank steak.</p>	<p><b>CRACKERS</b> Arrange a plate with whole grain crackers and cheese cubes.</p>	<p><b>GET OUTSIDE</b> Get some fresh air. Take a pet for a walk or play a game of H-O-R-S-E.</p>
<p><b>HYDRATE</b> Drink plenty of water, and avoid soda and sports drinks.</p>	<p><b>SIDELINES</b> Replace French fries with grilled sweet potatoes—they're low in saturated fat, sodium and cholesterol. One half sweet potato contains about 57 calories.</p>	<p><b>PRACTICE OUT OF SIGHT OUT OF MIND TACTICS</b> Turn your chair away from the food and focus on the game.</p>	<p><b>AUDIBLE</b> If the weather outside is bad, try a football themed game of charades.</p>
<p><b>TRAIN BEFORE YOU EAT</b> Get a work out in before the game.</p>	<p><b>SPECIAL TEAMS</b> Grill chicken kabobs with some of your favorite vegetables like peppers, onions or squash.</p>	<p><b>FORGET SECOND HELPINGS</b> Eat slowly. Savor your food.</p>	<p><b>SCOUTING REPORT</b> Know your plans ahead of time—take advantage of the break between halves.</p>