

KEYS TO BETTER HEALTH™

Tasty Tailgating

Fall is here, and that means cooler weather, the smell of bonfires, football season, and tailgate parties! Tailgating can be a fun and delicious part of cheering on your favorite team, but it can sometimes throw a curveball in healthy eating. Enjoy tailgate parties and watch how much you eat by utilizing the following tasty tailgating tips.

Bring food to share

When you provide some of the food, you can control what is available and be confident there will be healthy options. To avoid the rush the day of your tailgating party, think about items that can be prepared ahead of time, such as a sweet and sour coleslaw salad, a colorful veggie tray with a light dip, or a meat and cheese tray with a box of whole grain crackers. If there is a chill in the air, think about something warm such as a pot of chili with lean beef or ground turkey, beans, and chopped vegetables. Prefer to grill? Bring some marinated chicken with peppers and onions for some delicious fajitas. If beef is your meat of choice, make kabobs with lean sirloin steak and add some veggies such as zucchini, onions, and peppers. Not only will you enjoy the food, but your fellow tailgaters will also be thankful for the healthier selections.



Enjoy the tailgate

Calories can quickly add up when there is a buffet of food at your fingertips. To avoid over-eating, take a look at all of the food options available and decide on a couple of your favorite higher-calorie foods to enjoy. Use one plate and, staying conscious of portion sizes, limit the high calorie foods and fill the rest of your plate with lighter fare. After filling your plate, stand or sit further from the food tables to avoid mindless eating.

Calories can quickly add up when consuming soda, alcohol, and other caloric beverages. Bring your favorite zero- or low-calorie beverages to have on hand, like unsweetened iced tea. Keep water close by, as it is healthy, filling, and calorie-free. When consuming alcohol, try lighter selections like a light beer or a wine spritzer. Seltzer water with frozen fruit added is a refreshing, low-calorie choice if you are tailgating on a hot afternoon.

Get Moving with Friends and Family

Once you have finished eating, have some fun with the other tailgaters and play a game of your own! Stay active with a game of bean bag toss or toss the ring on the bottle. Set up a relay race, or start your own pick-up game of football. Parking further from the stadium and getting in a good walk before and after the game is another way to increase activity on game day.

Keys to Better Health™ offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags



Disclaimer: This information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.