



Fall into Healthy Habits

HEALTHY

Tailgating



HEALTHIEST WEIGHT PLAY CARD

PREGAME WARM UP	HEALTHY GRILLING OPTIONS	TACKLE EXCESSIVE SNACKING	HEALTHY HALFTIMES
<p>OFFER TO HOST THE PARTY OR TAILGATE Be responsible for the main courses and organize healthy options.</p>	<p>RETHINK YOUR BURGER 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>FRUIT & VEGETABLES 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>HOT ROUTE If watching the game at the stadium or a tailgate, grab a friend and take a walk. Visit friends or other tailgates.</p>
<p>PLAN YOUR MEALS Planning your tailgate menu will help avoid pre-cooked and pre-packaged meals and also cuts down on spending.</p>	<p>SCORE WITH HEALTHIER BURGER TOPPINGS 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>SLAWS & SALADS Whip up some healthy slaws or salads using kale or Brussels sprouts as the main ingredients.</p>	<p>START YOUR OWN GAME If you have enough room at your house, start a friendly football game with your friends.</p>
<p>SHOW YOUR PRIDE Incorporate dishes made of fruits and vegetables that share your team's colors.</p>	<p>THE 100% WHOLE WHEAT OPTION Whole wheat buns are a great source of fiber and will help you feel full longer.</p>	<p>CHIPS & DIP Portion your chip dip in individual plastic cups and select whole grain chips.</p>	<p>PICK UP THE CLUTTER Help your host pick up tailgate clutter or clean a few dishes in the kitchen. Every little bit counts.</p>
<p>NOT THE HOST? Plan and eat a healthy meal beforehand to avoid overeating.</p>	<p>BRATS, SAUSAGES, HOT DOGS & STEAKS 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>CRACKERS Arrange a plate with whole grain crackers and cheese cubes.</p>	<p>GET OUTSIDE Get some fresh air. Take a pet for a walk or play a game of H-O-R-S-E.</p>
<p>HYDRATE Drink plenty of water, and avoid soda and sports drinks.</p>	<p>SIDELINES 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>PRACTICE OUT OF SIGHT OUT OF MIND TACTICS Turn your chair away from the food and focus on the game.</p>	<p>AUDIBLE If the weather outside is bad, try a football themed game of charades.</p>
<p>TRAIN BEFORE YOU EAT Get a work out in before the game.</p>	<p>SPECIAL TEAMS Grill chicken kabobs with some of your favorite vegetables like peppers, onions or squash.</p>	<p>FORGET SECOND HELPINGS Eat slowly. Savor your food.</p>	<p>SCOUTING REPORT Know your plans ahead of time—take advantage of the break between halves.</p>