

Tackling Tailgate Treats: How to Plan a Healthy Game Day Feast

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Try This... Instead of That

Pretzels with Creole Mustard instead of Nachos

Pretzels w Creole Mustard

Serving Size: 2 oz pretzel
(large handful) and 2 Tbsp

Mustard

Calories: 145

Total Fat: 2 g

Carbs: 24g

Protein: 3g

Cheese Nachos

Serving Size: 1 portion
(6-8 nachos)

Calories: 592

Total Fat: 36g

Carbs: 63.4g

Protein: 7.19g

Save 447 calories!

Could have 4 servings of pretzels with creole
mustard for every 1 serving of Cheese Nachos.

Creole Mustard

INGREDIENTS:

½ Cup prepared Creole mustard

½ Cup spicy brown mustard

1 tsp lemon juice

1 tsp prepared horseradish

Creole Mustard

PREPARATION:

Thoroughly mix all ingredients in a serving bowl and stir.

Serve with pretzel bites or pretzel rods.

SERVES: 14-16

Try This... Instead of That

Veggie Chili instead of Ground Chuck Chili

Veggie Chili

Serving Size: 1 bowl

Calories: 304

Total Fat: 6g

Carbs: 48g

Protein: 15g

Ground Chuck Chili

Serving Size: 1 bowl

Calories: 455

Total Fat: 12.7g

Carbs: 46.2g

Protein: 30g

Save 151 calories!

Veggie Chili

INGREDIENTS:

- 2 Tbsp olive oil
- 1 medium onion, chopped
- 1 medium bell pepper, seeded and chopped
- 4 cloves garlic minced
- 1 cup vegetable broth
- 1 can (32 oz) crushed tomatoes
- 1 can (14 oz) black beans, drained and rinsed
- 1 can (14 oz) red kidney beans, drained and rinsed
- 1 can (14 oz) garbanzo beans, drained and rinsed
- 1 to 1 ½ Tbsp cumin
- 1 to 1 ½ Tbsp chili powder
- ¼ teaspoon cayenne pepper (or more to give it a little extra kick)
- 6 dashes Tabasco sauce
- Salt (to taste)
- 1 can lowfat vegetarian refried beans

Veggie Chili

PREPARATION:

Heat oil over medium heat. Add onion and peppers, sauté 4-5 minutes until translucent. Add garlic and cook 1 minute. Add broth, reduce by half (2-3 minutes). Add tomatoes, beans, cumin, chili powder, hot sauce, cayenne, and salt. Stir in refried beans a little bit at a time until chili thickens (note: you may not need entire can).

Veggie Chili

SERVES: 8

SPECIAL TIPS:

- Don't turn up heat too high (chili will burn)
- Add refried beans slowly at the end
- Be careful with cayenne! Add a little at a time.

Try This... Instead of That

Flatbread instead of 1 large slice of
Domino's Pepperoni

- Bruschetta Flatbread
Serving Size: 1 flat bread
(cut into eighths)
Calories: 269
Total Fat: 13.5g
Carbs: 26g
Protein: 14g

1 Large Slice of
Pepperoni (Domino's)
Serving Size: 1 slice
Calories: 297
Total Fat: 12.5g
Carbs: 34g
Protein: 12g

Save 30 calories
(and get to enjoy a larger quantity!)

Bruschetta Flatbread Pizza

INGREDIENTS:

4-5 roma tomatoes cored, seeds taken out
and med dice

½ red onion sm dice

¼ cup prepared pesto

¼ cup prepared balsamic vinagrette

1 package of feta

salt and pepper to taste

4-5 flatbreads(multitgrain)

Bruschetta Flatbread Pizza

PREPARATION:

Preheat oven to 400 degrees F. Combine all the ingredients but the feta and the bread into mixing bowl and mix thoroughly. Place foil on 2 large baking sheets and divide the flat bread evenly not overlapping each other. Spread the tomato mix evenly on the all the flat breads your going to be baking. Sprinkle generously with feta cheese. Bake for 12-15 min until crispy. Let rest 5 min before cutting into each flatbread unto about 8 slices. Serve hot or room temp for up to 4 hours.

Bruschetta Flatbread Pizza

Serves: 4

Special Tips:

- Leave a little room on the edges when spreading the mixture and cheese
- Add extra veggies on top if you like!
- To save time you also buy canned, pre-chopped tomatoes (but not as tasty)

Try This... Instead of That

Spicy White Bean Dip instead of 7 Layer Bean Dip

- Spicy White Bean Dip

Serving Size: 2 Tbsp

Calories: 92

Total Fat: 4 g

Carbs: 11 g

Protein: 3 g

- 7 Layer Bean Dip

Serving Size: 2 Tbsp

Calories: 150

Total Fat: 10g

Carbs: 9g

Protein: 6g

Save 58 calories

Spicy White Bean Dip

INGREDIENTS:

- 1 14-ounce can cannellini beans, rinsed and drained
- 1 clove garlic (cracked from skin)
- 1 1/2 tablespoons extra-virgin olive oil (EVOO)
- 4 sprigs fresh mint leaves
- 6 sprigs fresh thyme leaves, stripped from stem (2 tablespoons)
- Coarse salt and black pepper
- 3 tablespoons chives, chopped
- 1/4 teaspoon cayenne pepper (can add more if you want a little extra kick)

Spicy White Bean Dip

Serves: 6-8

PREPARATION:

- Pulse all ingredients except chives in food processor until a smooth paste forms and transfer to a bowl.
- Garnish with chives sprinkled on top. Serve with Pita chips, carrots, or carrot chips.

Try This... Instead of That

Turkey Chili instead of Ground Chuck Chili

•Turkey Chili

Serving Size: 1 bowl

Calories:228

Total Fat: 5 g

Carbs: 28g

Protein: 20g

•Ground Chuck Chili

Serving Size: 1 bowl

Calories:455

Total Fat: 12.7g

Carbs: 46.2g

Protein: 30g

Save 227 calories!

Could have 2 servings of Turkey Chili for every 1
serving of Ground Chuck Chili

Turkey Chili

INGREDIENTS:

- 1 lb of lean ground turkey (97/3)
- 1 large onion (200g)
- 1 can of rotel (1 $\frac{3}{4}$ cups)
- 1 can stewed tomatoes (1 $\frac{3}{4}$ cups)
- 1 can of tomato paste (5 Tbsp)
- 1 can of black beans (1 $\frac{3}{4}$ cups)
- 1 can of red kidney beans (1 $\frac{3}{4}$ cups)
- 1 can of whole kernel corn (1 $\frac{3}{4}$ cups)
- 6 cups of water
- 1 Tbsp Chili powder
- $\frac{1}{2}$ Tbsp Garlic powder
- 1 tsp Onion powder

Turkey Chili

PREPARATION:

Brown the turkey in a large sauce pot over medium high heat. Dice the onion and add to the browned turkey; reduce the heat to medium, cover, and allow the onion to steam until nearly translucent. Next add seasoning and all canned ingredients, making sure to drain and rinse the beans (Do not drain any other canned ingredient). Before adding water, cover and bring the ingredients to a boil. Once the water has been added, again bring the ingredients to a boil before reducing the heat to medium low and allowing the chili to simmer for 30-90 minutes.

Turkey Chili

Serves 9

Special Tips:

Experiment with using different types of beans and spices.

Try This... Instead of That

Applesauce Dark Chocolate Chip Cookies instead
of store bought

- Applesauce Dark Choc

Serving Size: 1 cookie

Calories: 89

Total Fat: 2 g

Carbs: 17g

Protein: 2g

- Choc Chip Cookie

Serving Size: 1 cookie

Calories: 223

Total Fat: 11g

Carbs: 30g

Protein: 2 g

Save 128 calories per serving!

Could have 2 Applesauce Dark Chocolate for 1 store
bought.

Applesauce Dark

Chocolate Chip Cookies

INGREDIENTS:

- 1 ½ c whole wheat flour
- 1 tsp baking soda
- ½ c brown sugar
- ¼ c cane sugar
- 3 egg whites
- 1 c unsweetened natural applesauce
- 1 tsp pure vanilla extract
- ½ c dark chocolate chips
- ½ c oats (optional, adds ~5 calories per 24 cookies)

Applesauce Dark

Chocolate Chip Cookies

PREPARATION:

Preheat the oven to 350 degrees. Line three baking sheets with parchment paper. In a medium bowl, mix together flour and baking soda. In a separate large bowl, add sugars and mix thoroughly. Next add in beaten egg whites and applesauce. Beat until well incorporated.

Gradually stir in the flour mixture. Next stir in the vanilla extract. Add chocolate chips (and oats, if desired). Drop large tablespoons onto baking sheet. Bake for about 10-15 minutes or until cookie is firm.

Applesauce Dark

Chocolate Chip Cookies

Serves 24

Special Tips:

- The dough is a look more cake like than cookie like, so don't be alarmed
- These cookies won't spread as they bake so you can drop them close together
- Consider adding in things like nuts or dried fruits

Try This... Instead of That

Guacamole instead of Ranch

•Guacamole

Serving Size: 2 Tbsp/ 1 oz

Calories: 50

Total Fat: 4.5g

Carbs: 3 g

Protein: 1 g

•Ranch

Serving Size: 2 Tbsp/ 1 oz

Calories: 140

Total Fat: 14g

Carbs: 2g

Protein: 1g

Save 90 calories per serving!

Try This... Instead of That

Salsa instead of Guacamole

•Salsa

Serving Size: 2 Tbsp/1
oz

Calories: 15

Total Fat: 0g

Carbs: 3g

Protein: 0g

•Guacamole

Serving Size: 2 Tbsp/ 1
oz

Calories: 50

Total Fat: 4.5g

Carbs: 3g

Protein: 1g

Save 35 calories per serving!

Could have 3 servings of salsa for every 1 serving of Guac!

Try This... Instead of That

Black Bean dip instead of 7 Layer Bean Dip

- Black Bean Dip

Serving Size: 2 Tbsp

Calories: 25

Total Fat: 0g

Carbs: 4g

Protein: 1g

- 7 Layer Bean Dip

Serving Size: 2 Tbsp

Calories: 66

Total Fat: 5g

Carbs: 3.5g

Protein: 2g

Save 41 calories per serving!

could have 2 servings of black bean dip for every serving of 7 layer bean dip!

Chose Salsa and save 51 calories per serving!

Could have 4 of salsa for every serving of 7 layer bean dip!

Try This... Instead of That

Carrot Chips instead of Doritos

•Carrot Chips

Serving Size: 3 oz
(heaping handful)

Calories: 35

Total Fat: 0g

Carbs: 8g

Protein: 1g

•Doritos

Serving Size: Individual ba
(~ 2 handfuls)

Calories: 140

Total Fat: 7g

Carbs: 18g

Protein: 2g

Save 105 calories per serving!

You could have 4 servings of carrot chips for 1
serving of doritos.

Try This... Instead of That

•Wheat Thins (Low Fat)

Serving Size: 16 crackers

Calories: 120

Total Fat: 4g

Carbs: 21 g

Protein: 2 g

•Triscuit

Serving Size: 6 crackers

Calories: 120

Total Fat: 4.5g

Carbs: 19g

Protein: 2g

Tie! As you can see, you get to eat a larger number of crackers if you chose Wheat Thins (Low Fat)

Healthy VS. Unhealthy

- So, what does this mean?
- Let's compare how one man, Joe, could make a difference in how much he consumes at the party.
- Just a single serving of each item...

Healthy VS. Unhealthy

<u>Unhealthy</u>	<u>Calories</u>	<u>Calories</u>	<u>Healthy</u>
Pizza	297	269	Flatbread
Chii	455	304	Veggie Chili
Nachos	592	145	Pretzels w/mustard
Choc Chip Cookies	223	103	Apple sauce cookies
7 layer dip	150	92	White Bean Dip
Chili	455	228	Turkey Chili

Healthy VS. Unhealthy

Total Calories Unhealthy= 2172!!!

Total Calories Healthy= 1141

That's a difference of over 1000 calories for a single serving of each item!

Games During The Game

- Distribute cards
- Don't tell anyone what's on your card
 - Every TD= 7 Pushups
 - Every FG= Run up and down stairs 3 times
 - Every beer ad=10 crunches
 - End of every quarter=15 jumping jacks
- Make up your own if you want!
- Any ideas?



THANK YOU FOR

We hope you enjoyed this
COMING!
session!