

## Super Bowl Sunday: What's Your Game Plan?

It's Super Bowl Sunday. Each team has vigorously prepared for game day. They have sized up their opponents' strengths and weaknesses, prepared their game strategy and created a defensive plan to keep the other team from scoring. Each team has their winning game plan.

What is your winning game plan for Super Bowl Sunday? You might ask yourself, "Why do I need a game plan? I'm not on the field playing." Your question is also your answer: You need a game plan because you are not on the field. You are not playing football; you are sitting in a chair watching football.

In 3 hours, the average armchair quarterback will consume 1,200 calories, including 50 grams of fat. And that does not take into account any meals, beer or soda consumption. Take time this Super Bowl Sunday and rethink your strategy — make a winning game plan before you kick off the game-time eating.

- Drink light beer, spring water or flavored water
- Instead of regular high-calorie dips, use salsa
- Nuts are nutritious but the fat and calories add up quickly so serve air-popped popcorn sprayed with butter-flavored cooking spray instead
- Replace fried mozzarella sticks with baked or grilled chicken on skewers
- Serve a variety of fruits and vegetables
- Use lean, ground turkey burgers instead of beef hamburgers