

The October 2012 issue of *Jezebel* magazine featured “10 Tips for Healthy Tailgating.” Page Love contributed tips for the story! Look for it, and below read Nutrifit’s own **Top Tailgating Tips**.

Nutrifit's Top Tailgating Tips

by Page Love, MS, RD, LD, CSSD

- Don’t save all of your calories for food at the sport event. Plan ahead and still stay on track with your meals that day.
- Bring some healthy snacks for the day. Try the GoPicnic snack boxes for the road, at gopicnic.com. Or consider a healthy trail mix.
- Pre-plan some healthy recipes for appetizers and meals ahead of time, such as these:
 - Veggie trays with hummus (try individual Sabra Hummus portions)
 - Low fat cheese spread (try light Laughing Cow spreadable triangles) and pretzel chips or wheat pita
 - Fruit salad or beet salad
- Try a healthy turkey or vegetarian chili with plain Greek yogurt as a sour cream alternative. Try adding black beans to change it up and increase the fiber content for fullness.
- Consider a healthy tri-color wheat or spinach pasta for a healthy grain side. Try Kraft.com for healthy low-fat pasta recipes.
- Strive to model after the new government plate model as you fill your plate, with protein making up 1/4 of your plate, grain making up 1/4, and produce (vegetables and fruits) making 1/2 of your plate. Visit myplate.gov for some visual examples of meals.
- Healthy dessert options include fruit-based or low-fat dairy goodies, like a low-fat chocolate pudding with a light whipped topping in a miniature graham cracker crust.



- Take time to enjoy your meal. Sit down while you're eating, and sip a hydrating beverage during your meal to help promote fullness.



- When you are finished with your tailgating meal, give yourself a signal that you are done eating, so that you will not get into superfluous nibbling. Effective signals include these:
 - Throw your picnic plate away.
 - Move away from food area.
 - Chew a piece of sugarless gum.
 - Brush your teeth.