



Healthy Tailgate Party Makeover

Chips and Salsa

Instead of serving nachos with high-calorie cheese and guacamole, switch to the popular duo - baked chips with salsa - and reap a healthy reward of tomato-based **antioxidants**.

Calories saved: 100 - 200

Nutrients added: **Lycopene** and **Vitamin A**

Teriyaki Chicken Skewer

Instead of serving traditional BBQ chicken wings, which are loaded with high-fat skin and not much healthy meat, try grilling skewers of skinless chicken breast meat with teriyaki sauce.

Calories saved: 300 - 400

Hearty Chili Bowl

Instead of cream-based clam chowder, score some points with your friends with a pot of warming chili made with hearty beans and extra-lean ground beef.

Calories saved: 150 - 250

Nutrients added: **Fiber**, **folic acid**, and various **minerals**

Sandwiches

Sandwiches can be very healthy, but not when you slather them with mayonnaise and load them up with layers of salami and cheese. Choose **whole grain bread** and low-fat deli cuts like roast beef or turkey. Go easy on the mayonnaise and spreads – you'll save a lot of calories and **fat**. Try low-fat mayo or spreads, or better yet, choose calorie-free mustard.

Calories saved: 150 - 250

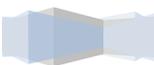
Nutrients added: **Fiber**, **B vitamins**, and **magnesium**

Sideline Fruit Kabob

Instead of chocolate chip cookies, try serving cut-up fruits like melons, apples and grapes on kabobs. To add some zest, serve fruit yogurt on the side as a dip.

Calories saved: 100 - 200

Nutrients added: **Fiber**, **Vitamin C**, **antioxidants**, and **probiotics**



Healthier alternatives

Pork Bratwurst for Turkey Brats: It's a difference of 450 calories and 37 grams of fat for the pork, versus 160 calories and 9 grams of fat for the turkey. Still boil in beer and soak in mustard and they're really quite tasty.

Burgers for Chicken Sandwiches: A 6 oz. angus beef patty yields 500 calories and 43 grams of fat, whereas a 6 oz. grilled chicken breast yields 281 calories at 6 grams of fat. Season any way you like, and still add a slice of reduced-fat cheese!

Extra Options

- Vegetables and dip
- Corn on the grill
- Black bean quesadilla
- Pita Chips and hummus
- Cole slaw
- Cajun chicken breast skewers

Extra Tricks to Trim Your Tailgate Party's Calories and Fat

- Replace regular beer with **light beer** to save 30 - 50 calories per can.
- Replace butter-style microwave popcorn with light/low-fat popcorn and save 50 calories per package.

For more tips on a healthy tailgate party, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or Sharon.Rateike@forthc.com.

