



October 2017 Newsletter

Eat Wisely on Game-day

Football season is back. This is a big deal across the country, particularly in the south. One of the highlights of the football weekend is the time spent with family and friends enjoying the foods that come along with the game. Whether you're having a few friends over to watch the game or tailgating, the food is almost as important as the game.

Unfortunately, the typical menu choices that accompany a football game are not among the healthiest options. This can be troublesome for people trying to watch the number of calories they take in. However, it is possible to have eat healthy during a game-day party or even at a tailgate.

Here are few tips for staying nutritionally disciplined during game-day:

- Have a light meal or a small snack before the game to avoid overeating.
- Choose healthier food options first when you arrive at a tailgate or when friends arrive. Enjoy fruits and vegetables that have high water contents, like tomatoes, cucumber, or celery and enjoy them with a dip or cheese cubes. Eat lean meats, or swap sweet potatoes for white potatoes when making potato skins.

- Avoid chips, crackers, and breads as much as possible. These items are usually high in carbohydrates and require that you consume large quantities before feeling full. Cheese, lean meats, and nuts are much better options.
- Drink lots of water to help give you a feeling of fullness which will reduce the urge to overeat.
- Eat slowly. Slowing down your pace of eating will give your brain time to communicate with your stomach and register a feeling of fullness.
- Talk to friends, which will occupy your time and reduce the chances of overeating.
- Go outside and toss the ball around during halftime.

Taking these steps will make for a healthier, more enjoyable game day!



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Local Events

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Recipes of the Month

(Source: adapted from the USDA Mixing Bowl)

Orange Glazed Skinless Chicken Wings

Makes: 5 servings

Ingredients:

10 chicken wings (skin removed)
3 tablespoons butter
1 teaspoon seasoned salt
8 tablespoons orange marmalade (1/2 cup)

Directions:

1. Rinse the chicken wings and dry them on a paper towel. Tuck the wing tip under the larger joint to form a triangle.
2. Heat the butter in a skillet at 200° F.
3. Sprinkle the wings with the seasoned salt and place them in the heated butter. Sauté the wings at 325° F for about 20 minutes.
4. Spread orange marmalade on the wings, continuing to sauté while basting frequently for another 20 minutes.
5. Remove the wings from the skillet and serve hot.

50 Calories, 5g Fat, 3g Protein, 2g Saturated Fat, 1g Dietary Fiber, 22g Carbohydrates



Crunchy Berry Parfait

Makes: 1 serving

Ingredients:

1/2 cup yogurt, non-fat vanilla
1 cup blueberries or strawberries (fresh or thawed)
1/2 cup low-fat granola (or crunchy cereal)

Directions:

Spoon the yogurt into a glass, then top it with the fruit and granola.

Notes:

- Can use fortified soy yogurt
- Frozen berries were used in this recipe as a cost saving measure.

377 Calories, 4g Fat, 11g Protein, 1g Saturated Fat, 7g Dietary Fiber, 81g Carbohydrates



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