

Healthy Eating

Score Extra Points With A Healthy Tailgate Party

(NAPSA)—When you think about typical tailgate fare, what comes to mind? Overstuffed sandwiches packed with salami and cheese—washed down with a six-pack of beer, a large bag of chips and guacamole?

Why not avoid a nutrition penalty this year by tossing together a game-day menu that tastes good—and is good for you? Jenny Craig Corporate Dietitian Cathy Garvey offers the following winning strategies:

- Pack baby carrots, grape or cherry tomatoes, broccoli, cauliflower, sweet peas and jicama sticks to satisfy your cravings for crunchy finger foods. Serve crudité with fat-free ranch dressing or hummus, which is rich in fiber and protein and makes a great low-fat dip.

- Try baked potato chips instead of their higher-fat counterparts. Individual-sized bags are also a convenient way to prevent overeating.

- When making sandwiches, choose hearty, whole-grain breads, lean cuts of meat, and reduced-fat cheese. Then “volumize” with cucumbers, tomatoes, green peppers, onions and sprouts for added crunch and flavor.

- Be cautious with condiments. A tablespoon of mayonnaise contains about 100 calories and 11 grams of fat. Save half the calories and fat by choosing light mayonnaise—or use mustard, which has almost no calories or fat at all!

- Instead of the usual hamburgers and hot dogs, grill shrimp, chicken, heart-healthy salmon, turkey burgers or meatless options like garden burgers or low-fat soy dogs. Make zesty kabobs by alternating marinated lean meats, chicken, vegetables and fruit on skewers.



Turkey dogs or low-fat soy dogs are healthy options for tailgate parties.

- Bring along plenty of calorie-free flavored waters, diet soda, sugar-free iced tea or lemonade, and low-sodium vegetable juice. If you're bringing wine, make a refreshing spritzer (half wine/half club soda) for half the calories.

- Serve an exotic fruit plate featuring apples, pears, grape clusters, whole strawberries, raspberries, pineapple chunks, peach slices, melon balls and other seasonal favorites. Make a simple-yet-delicious fruit dip by combining $1\frac{1}{3}$ cups vanilla low-fat yogurt, $\frac{1}{2}$ cup low-sugar orange marmalade, and $\frac{1}{2}$ tsp cinnamon. Angel food cake topped with fresh fruit and fat-free whipped topping is another light dessert option.

- Above all, keep your foods safe. Cold foods should be kept below 40° , and hot foods above 140° when possible. Bacteria multiply quickly when food is in the “danger zone” of 40 to 140 degrees Fahrenheit, so avoid eating any food that has been in that range for more than two hours.

For more healthy eating suggestions, visit www.jennycraig.com.