

From Ronda's Front Porch to Yours

Ronda White

Super Bowl Game Plan

Eating Well, Staying Safe and in Shape

Super Bowl L1 is one day away and the Atlanta Falcons and the New England Patriots are geared up and ready for the biggest game of the year. Just as the opponents on each team have trained countless hours and developed a detailed game plan, you too should have a game plan for healthy eating, physical fitness and driver safety.

Alice Henneman, MS, RDN, Nebraska Extension Educator has eight winning strategies for developing a food game plan.

Have a Game Plan. As with everyday eating, to be successful in making healthy choices you need to plan ahead. Be on the defense and avoid food loaded with excessive fat and calories. Equip yourself with healthy drink and snack choices that are lower in calories. Portion control is key in this strategy. Avoid heaping portions and eat smaller amounts of the food.

It is helpful if you know what you will eat before filling your plate. Calories will add up fast by eating a small portion of everything. Instead of choosing everything that is offered, choose 3 items you will enjoy the most.

Size Up the Opponent Check the stats first. If it is available, look at the nutrition label that tells how many calories per serving and what the serving size is. Want to know an easy way to visualize a serving instead of measuring it out? See these below measurements and what a portion looks like.

- 1 cup = baseball
- ½ cup = lightbulb
- 1/3 cup = egg
- 2 Tablespoons = golf ball
- 1 Tablespoon = the top half of your thumb
- 1 teaspoon = penny
- 1 ounce = 2 dominoes or a slice of cheese
- 3 ounces = deck of cards

Don't Be Blind Sided Grazing from the table, a bag or the box is not portion control and you are more likely to eat more. Use a plate so you can see the portion size you are eating.

Get In Condition Athletes have to condition before the game and you should be conditioning daily also. Lift weights, other than your own, at least twice a week. Take walks to whittle your waistline. Once you start you will start seeing a change in how you feel and soon on how you look. Physical activity and added muscle boosts your metabolism and burn calories.

Watch What You Eat Before the Game When you know you will have many food choices available resist overloading on calories before the game. Keep a few calories in reserve so you can enjoy goodies later without the guilt. Also drink a glass of water before attending the event. This will create a full feeling and you will eat less.

Avoid Penalties Too many calories consumed during the game can cause the penalty of weight gain later. Drinking and driving can also cause penalties. Don't let anyone get behind the wheel after drinking. Remind your guests to have a designated driver and offer alcohol-free beverages.

Keep Yourself in the Game Food poisoning can put a damper on the fun for hours after the game is over. Don't get taken out of the game because of food poisoning. Follow the 2 hour rule. Leaving food at room temperature more than two hours is a big mistake. When food sits out for more than two hours, bacteria can easily multiply and cause foodborne illness. Set out small amounts of perishable foods and replace those with clean plates of food within two hours.

For hot foods, keep them at 140 degrees in chafing dishes, slow cookers and warming trays. Cold foods should be held at 40 degrees or colder. Keep foods cold by nesting dishes in bowls of ice or using party trays filled with ice.

Keep Advancing Toward the Goal Line Pace yourself by alternating between higher and lower calorie foods. Make a successful passing play by bypassing seconds at the buffet table or take half as much the second time around. Take an occasional time-out to put a halt in your eating.

Touchdown Plan an effective running or walking conditioning strategy; bypass excessive food intakes and avoid penalties which keep you from moving toward the goal line and you'll score a successful Big Bowl "Game Plan for Healthy Eating".

No matter which team you are routing for enjoy your time with family and friends in cheering your team on. By making wise choices you can score big and have no regrets later.

Sources: University of Nebraska Lincoln Extension

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