



Harris County Hospital District

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MEDIA RELEASE

Don't Let the Super Bowl Snack Attack Ruin Your Resolution

HOUSTON (Jan. 28, 2008) – One chip, two chip, three chip, dip. Whether you're a football fan or not, there's a good chance you'll be at a Super Bowl party Feb. 3. But don't let those buffalo wings, chips, or other snacks tempt you away from your New Year's resolution of losing weight or eating healthier food.

Sports parties are the ultimate snacking fest. Super Bowl Sunday is the second-highest food consumption event of the year, second only to Thanksgiving. Super Bowl fans consume 11 million pounds of potato chips, 13.2 million pounds of avocados, 8.2 million pounds of tortilla chips, 4.3 million pounds of pretzels, 3.8 million pounds of popcorn and 2.5 million pounds of snack nuts every year, according to the Snack Food Association, an international trade association.

Experts say that the key to sticking with your resolution is smart eating and portion control. "It's a good idea to eat before you go to a party to lessen your hunger," said Shaynee Roper, clinical nutrition manager at the Harris County Hospital District. "Eat something such as a salad, half a sandwich, or soup."

Once at the party, Roper suggests sipping water or a low-calorie drink slowly throughout the party and filling up on foods such as vegetables and fruit, which are high in fiber and low in calories.

Before you eat, note everything that is being offered and decide what you will eat. Only allow yourself one plate, and go back for seconds on just fruit and vegetables. Healthier food choices can include whole wheat crackers, snack mixes, nuts, and hummus.

"If you're worried about what to eat, take a snack to the party that you know you can eat and share it with everyone," Roper said. "You can make a cheese ball with low-fat or fat-free cream cheese, or grilled chicken or beef kabobs."

Of course, what is a game time feast without a couple of drinks? If you want an alcoholic drink, Roper suggests a glass of wine or a mixed drink. Try to stay away from margaritas and piña colodas, as they are extremely high in calories.

The Harris County Hospital District is the public health care system for the nation's third most-populous county. It provides more than one million health care visits each year to uninsured and underinsured residents of Harris County.

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