



nutrinews

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A:

Here are a few party foods with fewer calories and saturated fat. They are really easy to make and not too expensive!

- Make nachos using reduced fat cheese and baked or low fat (Pedrillos brand at Safeway) tortilla chips.
- Drink diet soda, non-alcoholic beer and flavored waters instead of regular soda, beer or juice.
- Low-fat microwave popcorn.
- Pretzels instead of chips.
- Use plain yogurt instead of sour cream to mix up dips. Use baked or

low fat chips and veggies for dipping.

- Order (or make, use Boboli or refrigerated dough) pizza without cheese and add extra veggies.
- Make submarine sandwiches using non-fat mayo, mustard, low-fat cheese and lean deli meats like turkey breast. Skip the ham, salami and bologna, but pile on veggies like pepper strips, sprouts, tomatoes, mushrooms, onions, pickles, cucumbers and grated carrots (Trader Joe's has many conveniently prepared and packaged fresh veggies at the best prices around or order large turkey sub from Subway or Eegee's).
- Order a fruit tray from your regular grocery store or from Costco instead of a cheese tray.

- Have a hearty soup (broth-based rather than cream-based) or chili (call mom for the recipe and use a big pot).
- Put out cereal mix (like Chex Mix) instead of mixed nuts.
- Skip the cheese and crackers; substitute pita wedges or veggies and hummus dip.
- Use large flour tortillas and thin layers of low fat cream cheese, thinly sliced deli meat, and a sliced veggie or two, like sliced olives, onions, green peppers. Roll them up tightly, refrigerate for a while, then cut into 1 inch slices. Fillings can vary, just make each layer very thin.
- Brownies... okay, not much negotiation here, but worth it. Get an inexpensive mix and add a 1/2 cup of chocolate chips

to seriously increase the chocolate kick.

- Layered bean dip. Combine cans of vegetarian refried and black beans, layer with lowfat sour cream, salsa, and low fat cheese. Cover and bake at 375 for 20 minutes, uncover and bake another 10 minutes.
- Chicken bites. Buy frozen chicken tenders, thaw and cut into chunks. Put on a foil-covered cookie sheet, coat with BBQ sauce and bake for 20-30 minutes at 350. (In a pinch, Costco has some pretty good frozen chicken nuggets.)

Adapted from "Fifteen Suggestions for a Healthy Superbowl Party," Sue Gilbert, MS, www.iVillage.com, accessed January 18, 2005.

Q: What are some healthy food ideas for Super Bowl parties?

Got a question? email: wildcatnutrition@yahoo.com

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