



Do you have a game plan?

Super Bowl LIX will be played on February 9, 2025 in New Orleans. Sports Illustrated reports the 2024 Super Bowl was the highest viewed program of all time with over 202 million viewers watching at least part of the game. (2) If you are hosting and/or attending a Super Bowl party, be mindful of your fans health concerns like diabetes or heart disease. Try to incorporate fruits and vegetables, whole grains and prepare less fatty or fried foods. Be mindful of healthy eating and listen to your body's cues to avoid mindless eating. One helpful tip is to give yourself some distance from the food table while eating. (3)

Score a touchdown with these crowd-pleasing recipes for game day!

- 1) Avocado Yogurt dip served with fresh veggies. Find recipe at: <https://www.eatingwell.com/recipe/250924/avocado-yogurt-dip/>
- 2) Prosciutto Wrapped Pineapple Bites. Find recipe at: <https://www.eatingwell.com/recipe/252186/prosciutto-wrapped-pineapple-bites/>
- 3) Garlic Parmesan Wings. Find recipe at: <https://allthehealthythings.com/garlic-parmesan-chicken-wings/#tasty-recipes-8509-jump-target/>
- 4) Orange-Earl Grey Iced Tea. Find recipe at: <https://www.eatingwell.com/recipe/249905/orange-earl-grey-iced-tea/>



Touchdown Foods	Punts (foods to avoid or eat in moderation)
Crunchy veggies (broccoli, cauliflower, carrots, peppers, cucumbers)	Pizza
Guacamole	Queso and creamy dips and chips
Grilled or air fried chicken wings, fish or veggie burger	Beef burgers, hot dogs, or little smokies
Sparkling water; flavored, low-calorie drinks	Sodas, sweetened beverages (tea), alcohol

Super Bowl Fun Facts (1)

1.25 Billion Chicken wings are eaten

19.4 million pounds of chips are purchased

139.4 million pounds of avocados are purchased.

1 in 7 Americans order take out

Football Fruit Tray

Ingredients:

- Dark red fruit like strawberries or raspberries
- Green fruit like honey dew melon or grapes
- Jicama

It's easy to assemble. Start by placing the strawberries on the platter in the shape of a football. Place the honeydew melon around the strawberries. Make the football laces with the jicama.

(Adapted from <https://desertchica.com/football-fruit-tray/>)