



Top 5 tips for a healthier Superbowl Sunday

A 2022 survey of 1000 Americans revealed that the average American Superbowl enthusiast consumes upwards of 8,000 calories watching the big game. That's around four DAYS worth of food!

With a little planning and creativity, none of us have to fall into this trap. Consider this: typical Superbowl spectator food and drinks – wings, pizza, chips, beer, and the like – are nothing special. They're available anytime so passing them up is never regretted the next day.

Sharing tasty, healthier options is always appreciated by your guests or hosts.

Plus, if you stick to your healthy eating plan, you will be that much more ahead in your health journey!

Here are the top 5 tips to make your Superbowl Sunday as healthy as it is fun.

Set limits. It's easy to get caught up in the party and overeat/overdrink. Figure out in advance how much alcohol, greasy foods, sweets, etc. you will consume, and stick to the plan

Drink water. Sip water between bites and drink a whole glass between alcoholic or sugar-containing beverages, if that is part of your

planned indulgence. This helps pace your drinking and keep you full.

Get in your steps. Or burpees or spins... start your day with high-energy exercise to get your metabolism humming and your positive mindset in motion for the big day.

Include at least 3 fiber-full options. Not sure what will be at your celebration? Bring enough to share. Fill your plate (yes, always use a plate) with healthy stuff, and there will be less room (literally and figuratively) for the indulgent stuff. Think whole grain crackers or toasts, popcorn, colorful fruit skewers, roasted chickpeas, crunchy veggies with hummus, or mini bean tacos. Our featured recipe below is a fiber-rich delicious dip that is always a party pleaser.

Eat off of a plate. It's easy to lose track when you grab chips and dips from bowls. Use a plate to serve yourself reasonable portions, and enjoy every bite.

BONUS TIP –

Check In with yourself. During commercial breaks, take an extra sip of water and take time to think about your personal health goals. Congratulate yourself for choosing you – for living a healthy lifestyle. Smile and feel good about yourself!

3-Ingredient Edamame Hummus Dip



This is a mean green crowd pleaser. It's rich in fiber, antioxidants, and phytonutrients, and it's great not only as a dip but as a sandwich spread, dressing for potato salad or other salad (thin out with a bit of water), or baked potato topping.

[Watch the 1-minute video](#)

You will need:

- 1 12-oz bag frozen shelled edamame
- $\frac{1}{3}$ cup olive oil
- 3 tbsp seasoned rice vinegar*

*If you have only unseasoned rice vinegar or cider vinegar, use that and add a $\frac{1}{2}$ tsp of salt and 1 tsp sweetener of your choice.

Instructions:

Boil edamame for 5 minutes, transfer to a colander, and cool by running cold water over it. Alternatively, thaw the edamame by placing in a bowl of hot water for at least 10 minutes (change water periodically) or leaving in the fridge overnight.

Place all ingredients in a food processor and puree until smooth, scraping down the sides as needed.