

Make the Right Call with a 2 Step Tailgate

Penalties

- Traditional appetizers: chips, cheese dips, high-fat finger foods
- High-calorie meats: sausages, hamburgers, hot dogs, steak, fried chicken wings or tenders, beef chili
- High calorie side dishes: boudin, hushpuppies, French fries, gumbo or jambalaya made with meats, potato salad, nachos, coleslaw
- High-calorie condiments: mayo, remoulade, cheese, sour cream
- Specialty breads and rolls
- Desserts and sweets
- Alcohol

Touchdowns

- Vegetable tray with salsa or low-calorie dip, 94% fat-free air-popped popcorn
- Turkey burger or turkey dog or mix ½ ground turkey and ½ lean ground beef; veggie burger; grilled fish or shrimp, chicken; grilled or baked wings; bean, turkey, or chicken chili
- Salad; grilled vegetables; plain baked potato or baked potato fries; gumbo or jambalaya without meat; bean salad or coleslaw made with lemon juice and vinegar
- Mustard, salsa, ketchup, low-fat spreads, relish
- Reduced calorie bread and rolls (100 calories or less per slice or roll); skip the bread
- Fresh fruit tray; reduced calorie dessert recipe
- Water, diet soda, zero-calorie flavored water; light beer, 1 ounce liquor with club or diet soda; limit to 1-2 and pair with non-alcoholic

Use these touchdown tips for some quick and delicious ways to cheer on your favorite teams.

Do the 2!
eat right. move more.



Louisiana