



The Super Bowl is all about football but it also is all about eating. Believe it or not, it's ranked the #2 food consumption event of the year! How much do we eat? Almost 15,000 tons of chips and 4,000 tons of popcorn! Chili and pizza and chicken wings are favorites. But the real winner in food choices for that day is the **avocado**!! Some 12 million pounds of avocado are sold in preparation for the game so that Americans may gorge themselves on an estimated eight million pounds of guacamole. That's a **good thing** since the avocado has many health benefits! Avocados contain mainly heart healthy monounsaturated fat. In comparison with other fruits, avocados contain more protein, potassium, magnesium, folic acid, B vitamins, vitamin E and vitamin K. They are also rich in beta-sitosterol which has cholesterol-lowering properties and may aid in fighting prostate cancer. They contain lutein which fights macular degeneration and carotenoids which help the body to absorb fat-soluble nutrients and protect against cancer, eye problems and heart disease. Buy your avocados now!! They need a few days to ripen. You want them black and soft to the touch. Once ripe they should be kept in the refrigerator until use. If you need to speed the ripening, place in sealed paper bag. Once sliced, if not used right away, add lemon or lime juice to prevent browning.

How else can I use avocados beyond guacamole?

Add to salads, sandwiches, dips, or spread on bread or crackers as a mayonnaise substitute.

Tips from Duke University Health on creating healthier Super Bowl fare:

- **Punt the sour cream-based dips.** load up on the crudité's and opt for a dipping blend of red kidney beans, chopped tomato, parsley, vinegar, chili powder and cumin. Make a fruit salsa, or, serve protein-rich hummus. Many store-bought varieties are available and flavored with garlic, red pepper, or scallions. Offer pita chips or baked potato chips instead of fried snacks.
- **Lean on the hero.** The Italian hero, loaded with fattening, processed meats and cheeses, has no place on this year's buffet table. Instead, order a deli platter filled with ham, turkey, roast beef, grilled chicken and low-fat cheeses. Pile on lettuce, tomatoes, pickles and roasted red peppers. Serve mustard and ketchup instead of mayonnaise. Wrap them up with low-calorie tortillas, or try whole wheat bread or whole wheat crackers.
- **Pass the pizza.** Say no to the saturated fat found on the neighborhood pizza supreme, and yes to your own version. Buy frozen pizza dough or a pre-made Boboli WW crust from the supermarket and top it with crushed fresh tomatoes, garlic and a sprinkle of low-fat cheeses. Then add a colorful array of fresh vegetables like peppers and onions, mushrooms, sun-dried tomatoes and olives.

- **Spike the shrimp.** Sure you can do a traditional low-fat shrimp cocktail, but you could also kick it up a notch by boiling raw, unshelled shrimp in a can of cheap beer spiked with one tablespoon of pickling sauce. Chill and serve with salsa or cocktail sauce. Making your guests peel the shrimp slows down their food consumption
- **Sideline the brownies.** Replace cakes with trays of fresh fruit, dates, figs and banana chips.
- **Football anyone?** Nothing beats the benefits of exercise. Whether it's during the tailgating party or the halftime show, get your guests out of the house and into the spirit of the game by throwing a football around. That'll put you in the right mood and burn up some calories. Or challenge those in attendance to do exercises or dance during the commercials or to take a walk before or after the big game.
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- **Looking to have a party and not spend much?? Check out this party plan from ISU Extension for 12 guests under \$20!** <http://www.extension.iastate.edu/foodsavings/prepare/party.htm>
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- **Attached are some healthy recipes for this big entertaining day**—also check out these websites for ideas:
- http://www.eatingwell.com/recipes/collections/super_bowl_1.html
- <http://www.meatlessmonday.com/site/PageServer?pagename=eatersdigestnews>

Also, check out the free weight room orientations at Lied (attached Orientation flyer) and ways to stay active on campus (attached 10 Ways-Rec Services) Did you know State Gym had a new Wellness Workout room??

Be sure to check out the attached January newsletter with information about upcoming wellness events on campus!

Are you interested in a pedometer to encourage activity? Become a member of the **Wellness Works Walking Club** and attend at least 3 walks and you will earn one! The first walk is Feb. 11th in Beardshear (indoor walking in the winter-outdoor once weather improves). You can also get a **free BP check** at Forker Main Conference Room on Feb. 4 from 11 AM to noon.

Have a **Super** weekend!!

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