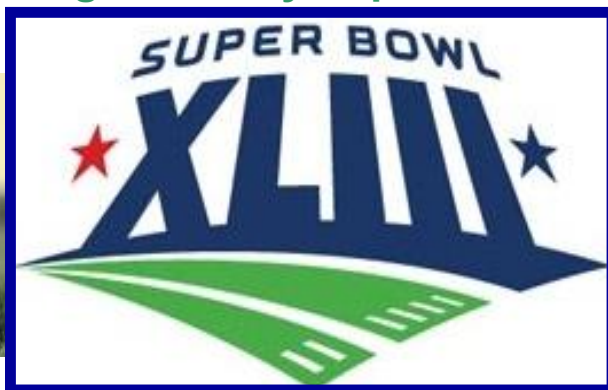


**Be A Winner By Hosting A Healthy Super-bowl Party** *by Rebecca Morley, MA*



**Super-bowl parties don't have to be hard on your waist-line.** Super Bowl Sunday is recognized as the second biggest single day of food consumption in the US, just behind Thanksgiving. So before you load your grocery buggy with food for your Super Bowl bash, plan to replace items that are high in fat, salt and calories with healthy options. Aim for your party to be fun, friend-focused, full of laughter, and maybe a little healthy rivalry.

**Football fans are encouraged to make sure there are healthful and nutritious foods on the menu.** While a one day splurge isn't likely to have long-term negative health consequences, USDA reminds consumers that a healthy diet and regular exercise are the keys to good health. Football superstar Joe Montana, dealing with high blood pressure says, "While eating well isn't always enough, it is a good first start."

**Like other holidays where food plays a prominent role,** food safety is a prime consideration to ensure your gathering is a healthy and happy event. "Football, food and friends are great American traditions and the Super Bowl brings them together on one day," said USDA Under Secretary for Food Safety Dr. Richard A. Raymond. Here are some important safety items for hosts and guests to remember:

**Have an active theme.** How about some astro-turf in the center of the room with bean-bags, foam footballs, ring-toss, pom-poms for cheers, etc? Copy the referees moves and signals they are ones that you particularly like. Every time your team scores, get up and dance, toss bean-bags, or practice a jig. Take a walk at halftime, put on an exercise video, or play Wii. Be creative and move more! The point is don't go out-of-bounds with your health at your Super-bowl party.

**USDA's Four Rules For Keeping Food Safe**

- Clean** Wash hands and surfaces often
- Separate** Keep raw meat and poultry apart from cooked foods
- Cook** Cook foods to the proper temperature for the recommended time & keep hot foods hot. Don't eat hot foods if sitting out > 2 hours!
- Chill** Keep cold foods cold. Don't eat cold foods if sitting out > 2 hours

There are countless sites on-line for healthy party recipes, so I'll leave it to you to pick your favorites. Click on these links for some great ideas: [http://www.lifescrpt.com/Body/Food/Cook/5\\_Scrumptious\\_Super\\_Bowl\\_Treats.aspx?trans=1&du=1&qclid=CP\\_vmqnjm5gCFQ9Jagod\\_jfNnw&ef\\_id=1](http://www.lifescrpt.com/Body/Food/Cook/5_Scrumptious_Super_Bowl_Treats.aspx?trans=1&du=1&qclid=CP_vmqnjm5gCFQ9Jagod_jfNnw&ef_id=1)  
[http://food.thefuntimesguide.com/2008/01/throw\\_a\\_super\\_bowl\\_party.php](http://food.thefuntimesguide.com/2008/01/throw_a_super_bowl_party.php) <http://www.sheknows.com/articles/5137.htm>

Resource: [http://www.fsis.usda.gov/News\\_&\\_Events/NR\\_012607\\_01/index.asp](http://www.fsis.usda.gov/News_&_Events/NR_012607_01/index.asp)

