





Healthy Game-Day Snacking Guide



OCT  
14  
2015

**Q** Hi Hungry Girl,

I love getting together with friends to watch sports, but most go-to game-day foods are really fattening. How can I enjoy these get-togethers without destroying my diet?

Foodie Fan



**A** Dear Foodie Fan,

No doubt about it, watching sports and eating junk food do seem to go hand in hand. But there's no reason that has to be the case. And I don't mean you have to trade hot wings for green beans. There are plenty of ways to have your (football-shaped) cake and eat it too!

**The first rule in my playbook: Don't skip meals leading up to the big event.** You might think it's a good idea to "save your calories" for the snacks in your future, but that'll only set you up to go overboard. So eat a healthy breakfast packed with protein and fiber. ([Click for ideas.](#)) Have a satisfying lunch too. This way, you won't feel starving at game time and dive headfirst into those snacks.

**Make a game plan.** Don't just *wing* it! Pay attention to your calorie intake during the day, and give yourself a calorie budget for game-time snacking. Want to increase that budget? Get in some exercise before the big game! (Now that the summer heat is finally fading, a jog around the block is *much* more realistic.) If you don't know what foods will be served and how many calories they'll contain, no worries. When you get there, just whip out your smartphone, and pull up a website like [Calorie Count](#) or [CalorieKing](#) to get an idea of the snack stats.

**Hack the snack spread.** If you're a guest at someone else's viewing party, it's still possible to make good choices. Head for the hot wings -- maybe have one or two -- and fill your plate with a bunch of the carrot and celery sticks they're served with. And instead of dipping your veggies in creamy dip, swirl 'em in some of the guac or salsa that's likely sitting somewhere on that same table! Chili can be a good choice (the protein makes it filling) as long as you bypass the cheese and sour cream toppings. And if you want to indulge in a beer or two, make it light.

**Score big with guilt-free swaps.** Whether the get-together is at your place or a pal's, there are plenty of smart ways to feed a craving for those classic game-day snacks. Baked-not-fried tortilla chips are a good start. (Don't forget the salsa!) [Click here](#) for more store-bought finds. And, of course, check out these HG recipes!



Boneless Buffalo Wings



Buffalo Chicken Dip



Holy Moly Guacamole



Dan-Good Chili



Sriracha Mini Meatballs



Slow-Cooker Nacho Dip



BBQ Chicken Nachos



Pizza Nachos



Chew on this:

Today, October 14th, is National Dessert Day. Good one! Here are [several hundred ways to celebrate...](#)



Know some fellow fans of food and football? Chances are, they'd love today's tips and tricks! Click "Send to a Friend" ASAP.

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Have a Question for Hungry Girl?

[Send it in!](#) She answers new Qs each week (but cannot respond to emails personally).



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