



HEALTHY FOOTBALL FOODS

The good, the bad,
and the ugly



Definitely **DO**

- ✓ Guacamole (avocado, tomato, minced onion, S&P, plenty of lime and tabasco)
- ✓ Fresh salsa
- ✓ Artichoke dip
- ✓ Nuts (no sugar, light salt)
- ✓ Mexican dip (refried beans, guacamole, tomato, lettuce, sour cream)
- ✓ Grilled meats (lean meats are good in moderation)
- ✓ Beer (good in moderation)



Definitely **DON'T**

- ✗ Day-glo, nacho cheese food
- ✗ Sodas (of any stripe)
- ✗ Chips and pretzels with hydrogenated oils
- ✗ Nitrate-filled hot dogs and kielbasas
- ✗ M&Ms, gummy worms, and other sugary candies
- ✗ Caramel corn
- ✗ Nasty frozen or boxed pizza

