



**Useful nutrition tips from
Natalie Greene, RD**

Super Bowl Stomach Stretchers

Barbeque-glazed wings with blue cheese sauce (3 wings and 1 oz. blue cheese)= 384 cal and 34 g fat

Tortilla chips and guacamole (3 oz)= 558 cal and 28 g fat

Nachos (6-8 chips)= 346 cal and 19 g fat

Pigs in a blanket (5)= 290 cal and 24 g fat

Pizza (2 slices of meat lover's)= 780 cal and 32 g fat

Better choices:

Baby carrots and hummus (6 carrots and 2 Tbsp hummus)= 100 cal and 2 g fat

Thin hard pretzels (2 twists)=45 cal and 0.5 g fat

I love suggestions, so if you would like to submit a topic for a future tip, please email it to me.

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