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## The Ultimate Guilt-Free Tailgate Party Food Guide

POSTED: Monday, September 10, 2007

You've got color-coordinated decorations and outfits to cheer on your team, and invites out to all your friends. But you're thinking that maybe this weekend's tailgate party should be a little different from usual - maybe it should be a little healthier. Instead of serving a big bag of chips, overstuffed sandwiches, and chicken wings slathered in sauce, what other party goodies are fun and healthy - and still taste good?



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### Tailgate Party Makeover

- Double Coverage Chips and Salsa**  
Instead of serving nachos with high-calorie cheese and guacamole, switch to the popular duo - baked chips with salsa - and reap a healthy reward of tomato-based [antioxidants](#).

Calories saved: 100 - 200  
Nutrients added: [Lycopene](#) and [Vitamin A](#)
- Hurry Up Teriyaki Chicken Skewer**  
Instead of serving traditional BBQ chicken wings - which are loaded with high-fat skin and not much healthy meat, try grilling skewers of skinless chicken breast meat with teriyaki sauce. These skewers are easy to grill and easy to eat.

Calories saved: 300 - 400
- Touchdown Hearty Chili Bowl**  
Instead of cream-based clam chowder, score some points with your friends with a pot of warming chili made with hearty beans and extra-lean ground beef.

Calories saved: 150 - 250  
Nutrients added: [Fiber](#), [folic acid](#), and various [minerals](#)
- Shotgun Sandwich**  
Sandwiches can be very healthy, but not when you slather them with mayonnaise and load them up with layers of salami and cheese. Completely make over your party sandwiches by choosing [whole grain bread](#) and low-fat deli cuts like roast beef or turkey. And go easy on the mayonnaise and spreads - you'll hardly even notice the difference but you'll save a lot of calories and fat. Try low-fat mayo or spreads, or better yet, choose calorie-free mustard.

Calories saved: 150 - 250  
Nutrients added: [Fiber](#), [B vitamins](#), and [magnesium](#)
- Sideline Fruit Kabob**  
Instead of chocolate chip cookies, try serving cut-up fruits like melons, apples, and grapes on kabobs. To add some zest, serve fruit yogurt on the side as a dip.

Calories saved: 100 - 200  
Nutrients added: [Fiber](#), [Vitamin C](#), [antioxidants](#), and [probiotics](#)

### Extra Tricks to Trim Your Tailgate Party's Calories and Fat

- Replace regular beer with light beer to save 30 - 50 calories per can
- Replace butter-style microwave popcorn with light/low-fat popcorn and save ~ 50 calories per package

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