

+ LOSE WEIGHT  
+ BURN FAT

# Gut Check

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COOK SMART

## HAVE A FIT TAILGATE

Five ways to enjoy your pregame ritual—and **build even harder abs**

BY KAREN ASP

● You don't have to eat like a bird to survive football season. You just have to make a few ab-friendly swaps, like these from **Kate Geagan, M.S., R.D.**, a Park City, Utah, dietitian and the author of *Go Green, Get Lean*.

**DUMP IT:** Pork bratwurst

**GRILL IT:** Turkey bratwurst

**CALORIE SAVINGS:** 200-250/brat

► Top it with all the onions and peppers you want, followed by waist-friendly mustard instead of chili or cheese.

**DUMP IT:** Shelled peanuts

**EAT IT:** Peanuts in their shells

**CALORIE SAVINGS:** 85 per handful

► A recent study shows that men take in about 50% fewer nuts per sitting than with shelled, since it's harder to get at them.

**DUMP IT:** Mayo and sour cream

**USE IT:** Nonfat Greek yogurt

**CALORIE SAVINGS:** 655 per half cup

► Greek yogurt is packed with protein, is just as tangy and creamy as mayo, and contains far fewer calories and less fat.

**DUMP IT:** Queso and French onion dip

**DIP IT:** Salsa

**CALORIE SAVINGS:** 40 per tbsp

► Unless you can be satisfied with no more than two tbsp of cheese or dip, cut it from your diet entirely. With salsa plus a baked, high-fiber, or multigrain chip instead, you can indulge virtually guilt-free.

THE  
FIT  
FOOD  
ISSUE

**DUMP IT:** 80/20 ground beef

**GRILL IT:** Grass-fed bison meat

**CALORIE SAVINGS:** 130

► Buffalo burgers are not only leaner, but they're also better for the environment. Bison emit less methane than cows do, and feeding on grass requires fewer fossil fuels than factory-raised meats.



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HOW MUCH IT  
COSTS AN AVERAGE  
FAMILY OF FOUR  
TO TAKE IN AN NFL  
GAME, INCLUDING  
CONCESSIONS.