

# March Madness Nutrition

Doyoung "Stacy" Kim & Christina Kalafsky, Dietetic Interns

## Nutrition Tips to Stay Inbounds

### HAVE A STRATEGY

Eat something healthy before your meal—starting with fruit, nuts, or a small salad will give you less room for healthier options.

Cut back on calories by using vegetables like celery or carrots with dip instead of chips.

### STICK TO YOUR GAME PLAN

Decide what foods you want before you start eating. Avoid snacking throughout the game since this can add up to lots of extra calories.

Serve yourself small portions and eat slowly to give your brain enough time to realize that your stomach is full. Once you feel full, stop eating.

### GET AN ASSIST

Pass the nachos, wings, pizza, or chips to a friend—sharing food means cutting back on calories (for both of you!)

### HYDRATE!

Staying hydrated is not only important for your body but it can help control your appetite. Avoid overeating by drinking plenty of water throughout the game to fill you up.

## Winning Bracket Cooking Tips

Baking or Grilling Meats

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Using Herbs & Spices to Season Foods

Using Salt to Season Foods

Deep-Frying Meats

Using Herbs & Spices to Season Foods

HEALTHIER CHOICES!

Putting Sauce on Foods

Using Fresh or Frozen Ingredients

Putting Sauce on the Side

Using Fresh or Frozen Ingredients

Putting Sauce on the Side

Using Canned Ingredients

## Exercise Tip that's Nothin' But Net

### WORKOUT DURING THE GAME!

Don't let the players get all the action! During the commercials, you can workout right from your couch!



Slowly lift your leg until it is straight. Hold for five seconds. Repeat on opposite leg. Do 10 lifts per leg.

## Slam Dunk Healthy Recipe

### GAMEDAY BAKED BUFFALO WINGS

#### INGREDIENTS

- 20 Chicken Wings
- ½ tsp Cayenne Pepper
- ½ tsp Garlic Powder
- ½ c Melted Butter
- ½ tsp Salt
- ¾ c All-purpose Flour
- ½ c Frank's RedHot Sauce (or your favorite sauce)

#### DIRECTIONS

- Preheat oven to 400° F (200° C).
- Line a baking sheet with aluminium foil, and lightly grease with cooking spray. Place the flour, cayenne pepper, garlic powder, and salt into a resealable plastic bag, and shake to mix. Add the chicken wings, seal, and toss until well coated with the flour mixture. Place the wings onto the baking sheet, and refrigerate at least 1 hour.
- Whisk together the melted margarine and hot sauce in a small bowl. Dip the wings into the margarine mixture, and place back on the baking sheet. Bake in the preheated oven until the chicken is no longer pink in the center, and crispy on the outside, about 45 minutes. Turn the wings over halfway during cooking so they cook evenly.

