



### Stay Healthy This Tailgating Season!

Tailgating and football season in Louisiana goes hand in hand. Spending time with family and friends before, during, and after a game can be lots of fun. With a little planning, you can eat healthy while cheering on your favorite team by following a few simple tailgating tips:

- Eat low calorie low fat foods during the week to give room for a little splurge on Saturday or Sunday.
- Before the tailgating begins, have a small snack that contains protein and fiber (like cereal and yogurt) so you'll be less tempted to overeat.
- Eat from a plate instead of continually grazing from the buffet. This will help you keep track of how much you're eating.
- Take a good look at what's being served before fixing your plate, and then select plenty of fruits, vegetables, and lean dairy and protein.
- Remember that alcohol has plenty of calories. One tactic is to alternate drinks with zero-calorie beverages throughout the day. Remember that too much alcohol can lead to increased hunger.

If you're hosting the tailgate party, make sure the menu includes plenty of healthy choices such as:

- Fresh fruit, sliced or in salads or kabobs
- Assorted vegetables with low-fat dips and salsas
- Low-fat snacks such as popcorn, pretzels, and baked chips
- Lean meats and seafood and low-fat cheeses
- Whole-grain breads and crackers
- Salads made with light dressings
- Salsas, wraps, salads, or stews made with fiber-filled and high-protein beans.

### Weight Loss Study open to OGB Members

Do you want to lose weight? Pennington Biomedical Research Center is conducting a 4-week weight loss study on behalf of Weight Watchers. The study is seeking men and women who:

- Are aged 18 and older
- Are overweight
- Want to lose weight and are not currently following any commercial weight loss programs
- Have an iPhone (iOS 6 or above) or Android (version 4.4 through 5.1) and are comfortable using apps
- Do not have diabetes.

For more information on the study and to see if you qualify please contact:

**Telephone:** 877-222-2909 extension 40

**Email:** [WW@C2research.com](mailto:WW@C2research.com)

**Visit:** <http://survey.c2research.com/s3/wwpbrc4>

## Success Stories

*"I participated in a wellness checkup in May of 2015. They found that I had elevated blood sugar and triglycerides as well as elevated liver enzymes. I went to see my general practitioner and I was diagnosed on May 26<sup>th</sup>, 2015 with Type 2 Diabetes. I am currently seeing another doctor for the problems with my liver, which is fatty. It's thanks to this screening that I was diagnosed when I was and was able to get my health on track. I am feeling better than I have in years because of my Diabetic diet and treatment."*

*- Heidi Cautrell, TRSL*

*"Just two weeks after seeing my regular doctor, I visited Catapult with weakness and critically high blood pressure. During my Catapult visit, my nurse practitioner contacted my sister to transport me to the ER, where they brought my blood pressure down and prescribed me new medications. I was also connected to Blue Cross' Disease Management program for help with accessing medications and a blood pressure monitor at a reduced cost. Thank you for your help in improving my health."*

Do you have a similar success story? Please [email us](#) and we will tell YOUR story in a future newsletter.

## Food Safety Tailgating Tips!

According to the American Dietetic Association, the average sports fan tailgates five times during football season, which can lead to taking unnecessary food-poisoning risks. Food is often kept at temperatures that promote bacterial contamination. Many tailgaters also recycle pre-game food to eat again after the game. Make your experience more enjoyable by following these guidelines to keep your food out of the danger zone:

- Make sure foods that will be served cold are cold before you put them in the cooler.
- Don't use a cooler that's too large. A full cooler will keep foods cold longer.
- Carefully package raw meat. Put it in the bottom of the cooler to avoid drips and cross-contamination
- Pack coolers just before you leave for the game, and use ice packs to maintain temperatures.
- Use a thermometer in your cooler to be sure foods stay at or below 40 degrees Fahrenheit.
- Keep coolers out of the sun (a shaded area).
- Bring waterless hand sanitizer or moistened towelettes to keep hands clean.
- Bring a meat thermometer to ensure that burgers and brats are cooked to 160 degrees and chicken breasts to 170 degrees.
- Throw away any perishable foods that are left from your pre-game picnic so no one will be tempted to eat them after the game.
- Do not leave food unrefrigerated for more than two hours. In hot weather (90 degrees or above), the time limit is one hour.

These guidelines aren't intended just for those at the stadium; follow them even if you're enjoying the game from your living room. When you're equipped with a plan for [healthy eating](#), your tailgate (or television) party can be a success all the way to the final whistle.

## Healthy Tailgating

Many traditional game day favorites are loaded with calories and fat. Substitute with this low in calories and high in protein healthy alternative:

## Shrimp Roll

### Ingredients

- 1 pound shrimp, cooked, peeled, and deveined
  - 1 ½ tablespoons reduced-fat mayonnaise
  - 1 tablespoon fresh lemon juice
  - 2 tablespoons chopped fresh basil
  - 4 whole-wheat hot dog buns, toasted or grilled
  - Salt and pepper, to taste
  - Tomato slices
  - Lettuce leaves
  - Garnish: lemon wedges (optional)
1. Chop shrimp and mix with mayonnaise, fresh lemon juice, chopped fresh basil, and salt and pepper, to taste.
  2. Top each hot dog bun with lettuce leaves and tomato slices.
  3. Spoon shrimp mixture into buns; serve immediately, garnished with lemon wedges.

\*\*\*Makes 4 servings\*\*\*

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