

Super Sunday snack substitutes

You can probably guess that anyone who names their beagle Cameron Indoor is a pretty big basketball fan.

(For those of you who didn't get it, Cameron Indoor Stadium is the Duke Blue Devils' basketball arena.)

I've always been a Mocs basketball fan. My



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Commentary



sons turned me into a Duke fan. Either way, "Go Blue" works at our house.

To like basketball and baseball as much as I do, I've never been a

huge fan of football other than a passing interest in UT's seasons and Super Bowl Sunday.

To me — and let me just say ahead of this: hold your e-mails — the best part of the Super Bowl is the commercials. Before this diet effort for the

Shape We're In project here at the Times Free Press, I'd have said the best part of the Super Bowl was the food.

Pizza, buffalo wings, hoagies, chips and dip, make-your-own sundaes are Super Sunday staples. This weekend, my pizza will probably be Lean Cuisine's, and the dip will be a low-fat ranch dressing with carrot and celery sticks. Yum!

Coincidentally, as I was thinking about this nutritional 180 from previous years, an e-mail came in making a pitch for a new book by dietitian Susan Burke March called "Make Weight Control Second Nature: Living Thin Naturally."

To promote healthy snacks as football fare, she sent some tips for Super Sunday. I thought I'd pass them along as food for thought.

■ Choose baked chips instead of fried. Baked varieties save up to 30 percent of the calories in fried chips.

■ Serve bean dip instead of sour cream-based dips. There are just 46 calories per three tablespoons in bean dip compared to more than

See PIERCE, Page E6 double that for full-fat sour cream.

■ Using any dried dip mix, mix it with 1/2 cup nonfat sour cream instead of regular sour cream. Then add 1/2 cup nonfat mayonnaise, 3/4 cup

diced fresh tomatoes, 1/4 cup chopped green onion and 1/4 cup chopped ripe olives, rinsed and drained. Mix and refrigerate for at least a half-hour before serving. Serve it with crunchy veggies.

■ Try air-popped popcorn sprayed with butter-flavored cooking spray and sprinkled with dehydrated butter granules, such as Molly McButter. The calorie count is only 60 for three cups, with a trace of fat and about 10 grams of sodium. That's a savings of 280 calories, 28 fat grams and 330 milligrams of sodium over microwave popcorn.

■ Replace fried mozzarella sticks with chicken skewers. You can buy them already prepared (especially at those big warehouse grocers), and save 188 calories, 9 grams of fat, and 546 milligrams of sodium over the same size portion of fried cheese.

■ Serve a healthy submarine sandwich. Start with whole-wheat hero rolls, layer on turkey breast, lean roast beef or lean ham, shredded lettuce and tomato slices. Keep the calories low by using low-fat mayonnaise, low-calorie ketchup and mustard.

■ Here's one that surprised me: Substituting juice for regular soda is not going to save calories. An 8-ounce glass of juice, unsweetened, has about 120 calories. Experts suggest club soda with a splash of 100-percent juice and a fresh lemon or lime wedge for a low-cal beverage.

