



FUEL

JANUARY

...YOUR BODY AND YOUR MIND

TACKLE GAME DAY SNACKING

Superbowl season is almost upon us! Together with family and friends, we watch, we yell and most of all, we eat. While our team's best athletes are busy throwing, running, tackling and kicking, we are busy dining on cheesy dips, downing deep fried entrees, devouring decadent desserts and consuming sugary beverages. But, you also have an opportunity to choose nutritious options. Here's how to avoid the food fumble and keep on point toward a nutrition touchdown!

Avoid an error and don't skip meals. Some people think they should skip meals before a party to help cut down on caloric intake. However, having a full, healthy meal an hour or two before the event will ensure that you are not ravenous when you arrive and will help you to make more mindful food decisions.

Plan your huddle formation. We've all been there: huddling around the food, talking, laughing and having a good time while simultaneously snacking. Before you know it, the entire platter of buffalo wings is gone. To avoid this "mindless" eating, try your best to take your huddle away from the food. Mingle with other partygoers and focus on the game, the fun commercials or the exciting halftime show!

Score a touchdown with nutritious snacks. While wings and pizza are fun to enjoy, make room on your plate for more nutrient packed foods, such as fruits, vegetables, lean meats and breads with some fiber.

Pass on big portions. Big game day, big players, big food. With portion sizes having doubled—even tripled—in the last couple of decades, it's easy to overdo it. Be mindful of how much you are putting on your plate to keep your portion sizes in check. Ask for smaller serving utensils, use a smaller plate when eating or learn how to estimate proper portion size.

Oats are one of those wonderful superfoods that are full of countless nutritional benefits, containing important vitamins, minerals, fiber and antioxidants. Oats have been known to aid in weight loss, lower blood sugar levels and reduce the risk of heart disease. Need an idea for a healthy breakfast or even a snack that's not the same old oatmeal in a bowl? This blueberry oatmeal muffin recipe has what you need to keep you full and energized throughout the morning! If blueberries are not your favorite fruit, they can be substituted for strawberries, bananas or even raspberries. Either way, these muffins make a great snack, so enjoy!



FAMILY RECIPE CORNER

BLUEBERRY OATMEAL MUFFINS

YIELD: 16 Servings

INGREDIENTS

1 2/3 cups quick-cooking oats
3 oz. all-purpose flour (about 2/3 cup)
3/4 cup packed light brown sugar
2 tsp. ground cinnamon
1 tsp. baking powder
1 tsp. baking soda
3/4 tsp. salt
1 1/2 cups low-fat buttermilk
1/4 cup canola oil
2 tsp. grated lemon rind
2 large eggs
2 cups frozen blueberries
2 Tbsp. all-purpose flour
Cooking spray
2 Tbsp. granulated sugar

DIRECTIONS

Preheat oven to 400 degrees.

Place oats in a food processor. Pulse 5 to 6 times until oats resemble coarse meal. Place in a large bowl.

Weigh or lightly spoon flour into dry measuring cup; level with a knife. Add flour and next 5 ingredients to oats in bowl. Stir well with a whisk. Make a well in center of mixture.

Combine buttermilk and next 3 ingredients in a separate small bowl; stir well with a whisk. Add to flour mixture, stirring just until moist.

Toss berries with 2 tablespoons flour and gently fold into batter. Spoon batter into 16 muffin cups coated with cooking spray and sprinkle granulated sugar evenly over batter. Bake for 20 minutes or until muffins spring back when touched lightly in center. Remove from pans immediately and place on a wire rack. Serve warm or at room temperature.

