TAILGATE

Yes, you can tailgate or host a party and still watch your fat and sodium intake. Try some of these options

Healthy Main Dish Options:

- Hoagie Sandwiches made with turkey and veggies
- Hummus Dips with veggies and pita
- Baked or BBQ chicken
- Burgers with lettuce and tomato
- Chili (white or red)
- Shrimp and vegetable skewers
- Pulled chicken for pulled chicken sandwich

Healthy Sides:

- Baked beans
- Spicy black or pinto beans
- Corn on the cob
- Pasta salad made with sliced olives, tomatoes, cucumbers, and feta
- Tomato and cucumber salad

Healthy Snacks:

- Pretzels
- Cereal snack mix
- Trail mix
- Nuts
- Cowboy Caviar (add black-eyed peas to salsa)
- Vegetable plate
- Fruit salad

Healthy Mocktails:

- Seltzer with fruit slices or fruit juice
- Water with lime and cucumber garnish
- Water with fresh fruit slices

Please drink responsibly

WELLNESS WACHers

WEST ALABAMA CARDIAC HEALTH PROGRAM

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