

The Snack

Bowl



What's Your Score Going To Be?



Super Size Game Plan

1st Quarter

4 Wings
1 oz Ranch Dressing
3 (12oz) Regular Sodas
10 Regular Chips
1 oz Onion Dip

2nd Quarter

½ c Seven Layer Dip
10 Corn Chips
2 (12oz) Regular Sodas

Half Time

1 Serving Regular Chili
1 (12oz) Regular Soda

3rd Quarter

2 Wings
½ oz Ranch Dressing
1 (12oz) Regular Soda
10 Regular Chips
1 oz Onion Dip

4th Quarter

1 (12oz) Regular Soda

Total = 3746 Calories
Fat = 199 grams

Healthier Game Plan

1st Quarter

3 oz Buffalo Chicken
1 oz Fat Free Ranch Dressing
3 (12oz) Diet Sodas
10 Baked Chips
1 oz Fat Free Onion Dip

2nd Quarter

½ c Low Fat Seven Layer Dip
10 Baked Tortilla Chips
2 (12oz) Diet Sodas

Half Time

1 Serving Reduced Fat Chili
1 (12oz) Diet Soda

3rd Quarter

1½ oz Buffalo Chicken
½ oz Fat Free Ranch Dressing
1 (12oz) Diet Soda
10 Baked Chips
1 oz Fat Free Onion Dip

4th Quarter

1 (12oz) Diet Soda

Total = 1259 Calories
Fat = 43 grams

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