

E ON!

Bowl soiree with these festive party picks.



Tackle the cold weather in a stylish sweater dress with sporty stripes

Pretty Little Thing
Burgundy High Neck Sports Stripe Jumper Dress, \$38, prettylittlething.com

Serve up a healthier version of your favorite fried snack

As Seen on TV
Philips Avance Collection Digital XL Air Fryer, \$400, kohls.com



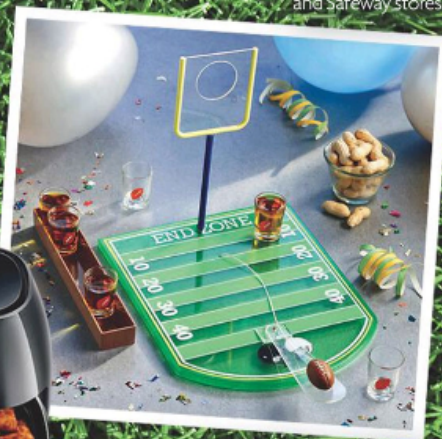
Make a good call by keeping your drink cold in this coozie.

Ziggos Party Referee Drink Coozie, \$3, ziggosparty.com



Kick off the big game day with chips and salsa.

Organics
USDA Certified Organic Blue Corn Tortilla Chips with Flax Seed and Medium Chunky Salsa, available exclusively at your local Albertsons and Safeway stores



Get ready for game time with a table-top challenge

Style Setter Football Game, \$17, wayfair.com

Party Prep



Dietitian and nutritionist Maryann Walsh shares her snacking secrets with Star

How can we stay healthy surrounded by calorie-loaded Super Bowl staples?

Choose wisely. Chicken wings provide you with protein — but only eat a small amount without batter or breading. And scoop dip onto your plate instead of standing over the bowl!

What are the best ways to be aware of what you're eating?

Want to indulge? Portion out your plate ahead of time. No food should be off-limits, but practicing portion control is key with carb-heavy items. Fill up on veggies and high-protein, low-carb items. Practice mindful eating and learn to stop when you feel full to avoid that overly stuffed, bloated feeling that just isn't worth it!

What about drinks?

Stick with light beers, opt for low-calorie mixers like soda water and fresh lemon or lime juice when drinking hard liquor and pick drier varieties of wine!