

Are you ready for the 2010 Wisconsin State Fair?

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From deep-fried apple pie to Philly cheese steak on a stick, healthy choices may seem outnumbered. But don't worry! You can still enjoy the fair without sacrificing your waistline if you plan your day ahead of time.



Tips for Feasting at the Fair:

- Don't arrive hungry. Eat a veggie omelet, fruit and milk before you go.
- Go early in the day. You'll be less tempted by aromas of foods which are more prevalent later in the day. You'll also be less likely to consume alcoholic beverages early in the day which will save you some extra calories.
- Avoid Crazy Grazin' Day (Aug.10) – vendors are offering smaller portions of foods at reduced prices, however, the majority of discounted food choices like nachos, hot dogs, funnel cake, brownies and cheese dippers, are high in fat and calories.
- Drink plenty of water to stay hydrated. Dehydration slows down your metabolism and you may mistake thirst for hunger and end up overeating. Caffeinated and alcoholic beverages tend to dehydrate you so stick to plain water to quench your thirst.
- Fit in exercise. Walk the fairgrounds from the midway to the exposition center and back a few times to burn off some of your food calories.

If you're looking for some healthy food choices at the Fair, check out the following areas:

- Herb Kohl's Milk House. Flavors include: chocolate, cherry vanilla, root beer and mocha. Milk is a great source of protein and calcium. One glass of milk is only \$0.25 and it's a delicious way to satisfy your sweet tooth!
- Corn on the cob (available from several vendors) - skip the butter and go lightly on the salt.
- Blackened shrimp cocktail a stick – If you feel the need to sample at least one of the 68 foods offered on a stick, this new shrimp item from Joey's Seafood is a lean source of protein and a healthier choice than anything deep-fried or dipped in chocolate.
- Try a new meat like ostrich or bison. Both of these meats can be found in the WI Products Pavilion. They taste great and are very lean sources of protein.
- Spaghetti and meatballs on a stick – this new item on a stick from Leadfoots Bar and Grill sounds interesting. As long as it isn't deep fried, it could be a fun way to get your pasta fix!
- Fruit kabobs (preferably not dipped in chocolate) from Leadfoots Bar and Grill or frozen grapes (Madison Sports Service) are refreshing, thirst-quenching treats on a hot summer day. Some vendors also offer fresh fruit smoothies!

Fill up on healthier foods first. Then, if you are still hungry and want to indulge, eat a small amount of whatever it is you are craving. If you've waited all year for that cream puff, why not consider splitting it with a friend or two. After you've tasted a few bites of shell and cream, you should feel satisfied without having to eat the whole thing! With some careful planning and moderation in portion sizes, eating at the fair can be a fun and nourishing experience!

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