It’s football season! Are you ready for action-packed games, commercials and great food? Whether you’re tailgating or throwing a party at home, you can still indulge in your game-day favorites.

**Make these swaps for healthy game-day snacks**

**Pizza**
Swap store-bought crust for homemade cauliflower crust. Top with tomato sauce and low-fat cheese.

**Onion dip**
Swap sour cream for Greek yogurt. Serve with baby carrots, broccoli and other fresh vegetables.

**French fries**
Swap greasy French fries for baked zucchini fries. Use a spiralizer to get curly ones.

**Five-layer dip**
Swap ground beef for hearty whole-kernel corn. Pack a punch of protein by adding black beans.

**Cheese and crackers**
Swap crackers for apple slices. Use a low-sodium cheese like mozzarella.

**Portion control is key**
Sometimes it’s hard to tell if the portions we’re eating are the right serving size for our nutritional needs. Try using smaller plates, bowls and serving utensils — studies have shown that this reduces how much you eat.

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