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## **DON'T BE GORGE-OUS** **By SARA PEPITONE**

January 30, 2008 -- EVEN the most disciplined eaters suffer temptation during nosh-a-thons like the Super Bowl. How can we be good, or at least mildly in control, when we know our boys are fighting in Phoenix?

New York City-based dietitian Mary Jane Detroyer says the biggest mistake people make before a snack-heavy event is starving themselves all day, theoretically to save the calories. But guess what starving people do? They make bad choices and eat too quickly.

"Eat breakfast, eat lunch," says Detroyer. "And eat light - fresh fruit, vegetables, yogurt." That way, you'll start munching slower and have a better chance of noticing when you're full.

Detroyer says alcohol adds to the confusion. Alcohol lowers inhibitions, she says, which means you're more likely to ignore the consequences of consumption. "Drink a glass of water between beers," she says. It will combat the salt and alcohol intake, and you'll feel better in the morning, too.

Further, Detroyer suggests educating yourself. Go to a site like [calorieking.com](http://calorieking.com) and research foods you think you'll be eating. If you have four pieces of pizza, 50 chips and 12 wings, you could be eating 3,000 to 4,000 calories, plus hundreds more with every beer - and that could actually translate to body fat. Awareness should keep you in check.

"I hate to say exercise," says Detroyer, who's also an exercise physiologist, "but if you know you're eating more food than usual, try to get in a workout." Hey, the Giants are doing it, why shouldn't we?