

## 6 healthy ways to enjoy NOLA festivals

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The annual Crawfest hosted by Tulane University is just one of many festivals held throughout the year in New Orleans. (Photo by Sally Asher)

Festivals are a way of life for visitors and residents of southern Louisiana. And there's a festival for almost everything—creole tomatoes, crawfish, jazz, seafood and more. With so many delicious food and drink options to be found, it can be tough to make healthy choices. Try these six tips provided by the Tulane Prevention Research Center to enjoy the festivals without packing on the extra pounds.

**Eat small portions** – Focusing on dishes that come in smaller portions will not only save calories, but allow for trying several different options, rather than filling up on just one.

**Choose seafood** – Not only is local Louisiana seafood some of the best in the country, it provides protein to help stay full, while providing heart healthy omega-3 fats. Stay away from the fried options.

**Purchase one thing at a time** – While it might be tempting to purchase all your food at once to avoid long lines, buying and eating one item at a time will allow you to decide if you're really hungry for more.

**Avoid fried food and creamy sauces** – Not only are they high in calories and saturated fats, but heavy dishes on a hot New Orleans day can leave you feeling sluggish and tired.

**Don't forget to hydrate** – For every alcoholic beverage you drink, have a glass of water. Alternating alcohol with water will keep you hydrated.

**Dance** – With good food usually comes good music. Spend time at music stages and dance. You'll burn calories to counteract the food you'll have throughout the day.

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