

Lentil
340 Calories
FILL-YOU-UP FACTOR
●●●○○
Not a lentil fan?
Get healthy fiber from
barley, couscous,
quinoa, wild rice, or
whole-wheat pasta.



Turkey Chili
480 Calories
FILL-YOU-UP FACTOR
●●●●●
The cals are worth it
when they come from
satiating, good-for-
you beans, veggies,
and lean protein.

WHICH SOUP SHOULD YOU ORDER?

It has a rep as an angelic lunch order, but soup's health halo can be fuzzy: Calorie counts are all over the place, depending on what you order. Find the best bowl with our primer.

New England Clam Chowder
500 Calories
FILL-YOU-UP FACTOR
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It's filling but too fatty. Go with tomato-broth-based Manhattan Clam Chowder to get less cream and butter.



Miso
170 Calories
FILL-YOU-UP FACTOR
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Add a brown-rice sushi roll or a big salad on the side to make it filling enough for lunch.



Chicken Noodle
160 Calories
FILL-YOU-UP FACTOR
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Order it often: Veggies and chicken are rich in vitamins and minerals, so they really can stave off a cold.



Tomato
240 Calories
FILL-YOU-UP FACTOR
●●○○○
Heart-healthy lycopene makes this nutritious, but eat it with a sandwich, like turkey on whole wheat, to get some satisfying protein.



SOURCE: ALEXANDRA OPPENHEIMER, RD, A NUTRITIONIST IN WESTCHESTER, NEW YORK



THE 11-WORD RECIPE

Sprinkle sweet-potato wedges with salt, red pepper. Bake at 400.

SOURCE: MARISSA LIPPETT, RD, CHEF/OWNER OF NOURISH KITCHEN + TABLE IN NYC

BEWARE THE POST-FOOTBALL BINGE



We consume 16 percent more saturated fat and 10 percent more calories on average the day after our NFL team loses compared with when they come out on top, according to a study in the journal *Psychological Science*.

HOW TO EAT LIKE YOUR TEAM WON, NO MATTER WHAT

Decide what's for dinner before the game (chicken stir-fry! salmon tacos!). Then start the next day with a healthy breakfast (say, Greek yogurt topped with almonds and berries), and bring lunch and a couple of snacks to work. Stretchy pants not required.

BENJAMIN STUBBS: SOUP; FOOD STYLING: EVANNA FERGUSON FOR BIG LEO; PROP STYLING: SARAH DAVAN HANLIN; NUTS: FOOD STYLING: LIZA JERNOW FOR PLUM PEPS; SOUP: CALORIE COUNTS BASED ON 16 OUNCE SERVINGS AT HALE AND HEARTY; MISO: FROM FITTIDAY.COM.

SWEET *or* SALTY? Try these crowd-pleasing riffs on the ultimate cocktail-party munchie: mixed nuts.

SWEET

Stir a beaten egg white into 3 c. unsalted mixed nuts. Stir in 1/2 c. brown sugar, 1 t. each salt and cinnamon, 1/2 t. each ground ginger and nutmeg. Bake at 325 degrees for 25 minutes, until brown. Break apart, and serve.



SALTY

Bake 3 c. unsalted mixed nuts at 375 degrees for 10 minutes. Combine 3 T melted butter, 1 1/4 t. salt, 1 t. cumin, 1 t. chili powder, 1/2 t. cayenne, 1/4 t. garlic powder. Toss nuts in mixture. Stir in wasabi peas and popcorn.

