

24 Snacks to Avoid at Your Super Bowl Party

Not all Super Bowl snacks are super. By avoiding these party favorites you will make you will be able to watch your waistline as well as the game.



N

Super Bowl Sunday is upon us. [Denver Broncos](#) and [Carolina Panthers](#) fans, as well as more casual observers, are making bets and planning parties. One of the biggest sporting events of the season, last year this game drew over [114 million viewers](#). However, Sunday will also be home to [Puppy Bowl XI](#), [Kitten Bowl III](#) and a wide [variety of snacks](#) to munch on as you watch these events.

Not all snacks are created equally, though. For the health-conscious among us, and for those who are still sticking to their New Year's resolutions, certain foods items are best left untouched.

The experts at [HealthGrove](#) used data from the [ESHA](#) nutritional database to determine the least-healthy Super Bowl snacks. The HealthGrove team used this data to create an "Unhealthiness Index" that factors in percent daily value of fat, saturated fat, sodium and total sugar content. Each nutrient is weighted 30 percent, except for total sugar which is weighted 10 percent. The top 25 highest-scoring foods are listed, with the least-healthy snack at No. 1.

For the purposes of this list we did not include name brands, but we're sure you can read between the lines.

#24. Trail Mix

Unhealthiness Index Score: 48.2

Serving Size: 0.25 cup

Calories per Serving: 177

Fat: 17.9% DV

Sodium: 1.8% DV

Saturated Fat: 11.1% DV

Sugar: 8.7 grams

#23. Pork Spare Ribs

Unhealthiness Index Score: 54.9

Serving Size: 3.0 ounces

Calories per Serving: 307

Fat: 40.4% DV

Sodium: 3.2% DV

Saturated Fat: 39.3% DV

Sugar: 0 grams

#22. Kielbasa

Unhealthiness Index Score: 57.6

Serving Size: 2.0 ounces

Calories per Serving: 191

Fat: 5.6% DV

Sodium: 15.9% DV

Saturated Fat: 3.9% DV

Sugar: 1.4 grams

#21. Cheese Puffs

Unhealthiness Index Score: 60.1

Serving Size: 1.0 individual bag

Calories per Serving: 196

Fat: 19.4% DV

Sodium: 13.7% DV

Saturated Fat: 9.4% DV

Sugar: 1.1 grams

#20. Brownies

Unhealthiness Index Score: 60.1

Serving Size: 1.0 each

Calories per Serving: 227

Fat: 14% DV

Sodium: 6.7% DV

Saturated Fat: 11.9% DV

Sugar: 20.5 grams

Though brownies and cheese puffs have the same Unhealthiness Index Score, brownies are ranked higher because they have more calories per one serving.

#19. Chocolate Coated Pretzels

Unhealthiness Index Score: 61.4

Serving Size: 3.0 each

Calories per Serving: 151

Fat: 8.5% DV

Sodium: 7.8% DV

Saturated Fat: 12.7% DV

Sugar: 12.8 grams

#18. Sweet Potato French Fries

Unhealthiness Index Score: 61.5

Serving Size: 3.0 ounces

Calories per Serving: 129

Fat: 6.6% DV

Sodium: 8.1% DV

Saturated Fat: 1.8% DV

Sugar: 7 grams

#17. Nacho Cheese Tortilla Chips

Unhealthiness Index Score: 61.7

Serving Size: 1.0 ounces

Calories per Serving: 147

Fat: 12% DV

Sodium: 8.2% DV

Saturated Fat: 5.5% DV

Sugar: 0.7 grams

#16. White Meat Chicken Nuggets

Unhealthiness Index Score: 63.4

Serving Size: 4.0 each

Calories per Serving: 209

Fat: 24.4% DV

Sodium: 9.1% DV

Saturated Fat: 15.7% DV

Sugar: 1 grams

#15. Soft Pretzels

Unhealthiness Index Score: 67.3

Serving Size: 1.0 small pretzel

Calories per Serving: 210

Fat: 3% DV

Sodium: 14.1% DV

Saturated Fat: 2.2% DV

Sugar: 0.2 grams

#14. Tortilla Chips

Unhealthiness Index Score: 68.2

Serving Size: 1.0 cup

Calories per Serving: 293

Fat: 14.7% DV

Sodium: 14.8% DV

Saturated Fat: 8.9% DV

Sugar: 0.3 grams

#13. Chocolate Chip Cookie

Unhealthiness Index Score: 68.8

Serving Size: 1.0 each

Calories per Serving: 197

Fat: 15.2% DV

Sodium: 5.2% DV

Saturated Fat: 16.2% DV

Sugar: 13.2 grams

#12. Buttered Popcorn

Unhealthiness Index Score: 68.8

Serving Size: 1.0 bag

Calories per Serving: 465

Fat: 19.1% DV

Sodium: 15.5% DV

Saturated Fat: 21.4% DV

Sugar: 0.3 grams

#11. French Fries

Unhealthiness Index Score: 70.3

Serving Size: 1.0 package

Calories per Serving: 375

Fat: 19% DV

Sodium: 17.9% DV

Saturated Fat: 13.5% DV

Sugar: 0.5 grams

#10. Bagel Chips

Unhealthiness Index Score: 70.4

Serving Size: 1.0 bag

Calories per Serving: 789

Fat: 40.8% DV

Sodium: 17% DV

Saturated Fat: 59.8% DV

Sugar: 10.5 grams

#9. Italian Meatballs

Unhealthiness Index Score: 72.8

Serving Size: 3.0 each

Calories per Serving: 160

Fat: 22% DV

Sodium: 22.4% DV

Saturated Fat: 19% DV

Sugar: 1.9 grams

#8. Glazed BBQ Chicken Wing

Unhealthiness Index Score: 73.5

Serving Size: 1.0 each

Calories per Serving: 232

Fat: 24.8% DV

Sodium: 23.9% DV

Saturated Fat: 16.5% DV

Sugar: 1.9 grams

#7. Beef & Cheese Taquitos

Unhealthiness Index Score: 74.1

Serving Size: 3.0 each

Calories per Serving: 362

Fat: 25.9% DV

Sodium: 25.1% DV

Saturated Fat: 28% DV

Sugar: 2.1 grams

#6. Breaded Chicken Tenders

Unhealthiness Index Score: 75.4

Serving Size: 7.0 piece

Calories per Serving: 353

Fat: 40.4% DV

Sodium: 27.7% DV

Saturated Fat: 63.5% DV

Sugar: 0.8 grams

#5. Pork Bratwurst

Unhealthiness Index Score: 76.1

Serving Size: 1.0 each

Calories per Serving: 283

Fat: 38.2% DV

Sodium: 30% DV

Saturated Fat: 42.5% DV

Sugar: 0 grams

#4. Salted Cashews

Unhealthiness Index Score: 76.8

Serving Size: 0.25 cup

Calories per Serving: 197

Fat: 30.7% DV

Sodium: 32.3% DV

Saturated Fat: 17.9% DV

Sugar: 1.7 grams

#3. Pizza Rolls

Unhealthiness Index Score: 77.1

Serving Size: 10.0 each

Calories per Serving: 437

Fat: 20.5% DV

Sodium: 33.3% DV

Saturated Fat: 16.6% DV

Sugar: 5 grams

#2. Chicken Egg Rolls

Unhealthiness Index Score: 77.7

Serving Size: 1.0 each

Calories per Serving: 158

Fat: 18.3% DV

Sodium: 35.3% DV

Saturated Fat: 12.8% DV

Sugar: 4.5 grams

#1. Pepperoni Pizza

Unhealthiness Index Score: 78.5

Serving Size: 1.0 slice

Calories per Serving: 432

Fat: 34.1% DV

Sodium: 37.6% DV

Saturated Fat: 35% DV

Sugar: 5.8 grams

[Learn More About Nutrition Information on HealthGrove](#)