Super Bowl!!! Are You Ready?

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Super Bowl Sunday is just around the corner. It’s been a different football year, but the Super Bowl Sunday is the time where “backyard” cooks perfect their dishes for the 2nd largest feast of the year.

Professional football, as we know it, has been around since 1920, but the first Super Bowl, the annual championship of the National Football League (NFL), only dates back to January 1967. Super Bowl Sunday is the most watched annual television program in the US and ranks second (Thanksgiving is first) as the day for most food consumed. Over 20 million Americans attend Super Bowl parties and half of all Americans say they would rather go to a Super Bowl party than to a New Year’s Eve party.

It’s amazing how food has become associated with football, from tailgating to the food for the Super Bowl Game Party. Think of all the hand to mouth munching on chips, dips, and wings; a swig or two or three; a cookie here and there. And then there’s the “real food” at halftime. By the end of the game do you have a clue about how much, or even what, you have popped into your mouth?

No matter who you root for, here’s some interesting food facts as you snack your way through the game.

- Americans double their average food intake, more than 33 million pounds that day alone.
- The average Super Bowl watcher consumes 1,200 calories during the Super Bowl Game.
- Take out or delivery foods are popular. Pizza is tops, followed by chicken wings, and sub sandwiches.
- The amount of chicken wings eaten weighs in at 90 million pounds or 450 million individual wings.
- Potato chips are a favorite munchie and account for 27 billion calories and 1.8 billion fat grams. Which is the same as 4 million pounds of fat or equal to the weight of 13,000 NFL offensive linemen at 300 pounds each.
- Running a close second to potato chips are Tortilla chips. Five ounces of nacho cheese tortilla chips equals about 700 calories. Get up and run the length of 123 football fields to burn off those chips!
- An estimated eight million pounds of avocados will be consumed making approximately 100 million pounds of guacamole and approximately 14,500 tons of chips are used to scoop it up.
- According to 7-eleven, sales of antacids increase by 20% on the day after Super Bowl.
- About 2 million cases of beer are sold every year for Super Bowl which might explain why 6% of Americans call in sick for work the next day.

The big game is almost here! As you graze through the buffet table, thank a farmer for growing and providing you the opportunity to indulge as you cheer on the Kansas City CHIEFS.

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