

Diabetes Management App, Klinio, Reimagines the Super Bowl Party with Healthier Low Carb and Calorie Platters

Nutritionists with the diabetes management app, Klinio, have reimagined the most popular Super Bowl Party snacks with healthier ingredients.



Klinio

New York City, New York Feb 7, 2022 ([Issuewire.com](https://www.issuewire.com)) - Forget the predictable nachos and chicken wings for this year's Super Bowl party.

Nutritionists with the diabetes management app, [Klinio](#), have reimagined the most popular appetizers, using healthier ingredients that are low in calories and carbs.

For example, bacon and mushroom quiche bites have the same rich cheesy flavor as nachos, but only 95 calories and 4 grams of carbs. Their cheddar bites have only 50 calories and 5 grams of carbs.

And instead of fatty potato chips, how about replacing them with roasted butternut squash, which has only 30 grams of carbs. Consumers can find the recipe for some of these healthier appetizers by [clicking here](#).

Kristina Zalnieraite, who heads nutrition with Klinio, says these recipes are not only valuable for patients managing diabetes, but they're also healthier for everyone who is watching their calories or carb intake.

"These recipes were originally created for patients with diabetes and prediabetes, but everyone can benefit from the healthier ingredient swaps," said Zalnieraite. "If you're hosting a Super Bowl party, why not surprise your guests with a healthier platter. It's the gift everyone will appreciate in the 4th quarter when they won't regret overeating the unhealthy appetizers and snacks."

More than 1 in 3 American adults are believed to have prediabetes where their blood sugar levels are

higher than normal, but not high enough to be diagnosed with Type 2 diabetes, according to the [Centers for Disease Control and Prevention](#). Of those, roughly 4 in 5 people don't realize they have it.

A recent Klinio survey of patients with diabetes found carb management and sugar cravings are the top two obstacles for patients trying to manage their diabetes. A separate Klinio survey found "bad eating habits" were the #1 obstacle preventing patients from successfully managing their diabetes.

The Best Healthy Snacks for the Super Bowl Party

Zalnieraite said their nutritionists formatted the recipes in an easy-to-follow way to help even the most inexperienced chefs and football fans.

Recipes for the appetizers, snacks, and meals include detailed instructions for 24 servings, including the required ingredients and final steps for oven temperature. It also shows the total calories, total fat, carbohydrates, protein, and sugar content for each serving size.

"All of these meals and snacks can be delivered in 30 minutes," said Zalnieraite. "So even if it's the morning of game day, you still have time to make these appetizers and snacks that are sure to be the hit of the party."

About Klinio - Diabetes Management App

The independent organization, [Validation Institute](#), recently validated findings by [Kilo Health](#) that found patients with type-2 diabetes who used [Klinio](#) for a minimum of 19 days over 2.5 months were twice as likely to reduce their absolute HbA1c value by 0.59 percent.

The data also found users were twice as likely to achieve clinically meaningful improvement than users who had fewer logins. A change of 0.5 is considered a meaningful change in a person's health status and is accepted by [the Food and Drug Administration](#).

The Klinio app is available to download for free [on iOS](#) and [Android](#).

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