

# Here's How Many Calories You'll Eat During the Super Bowl

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## TIME:

The game lasts four hours, but what you eat will stick with you way longer than that. By some (admittedly unscientific) estimates, Americans who snack on typical Super Bowl fare, like pizza, beer, soda, chips, dips, hot wings and nachos, could take in as many as 2,400 calories and 121 grams of fat just during the game.

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Add on a few miles if you happen to root for the team that loses. A 2013 study in the journal *Psychological Science* found that on the Monday after a big football game, people who had cheered for the team that lost ate 16% more saturated fat than they usually did. (Fans of the winning team got a win for their waistlines; they ate 9% less saturated fat than usual.)

Read the whole story: [TIME](#)