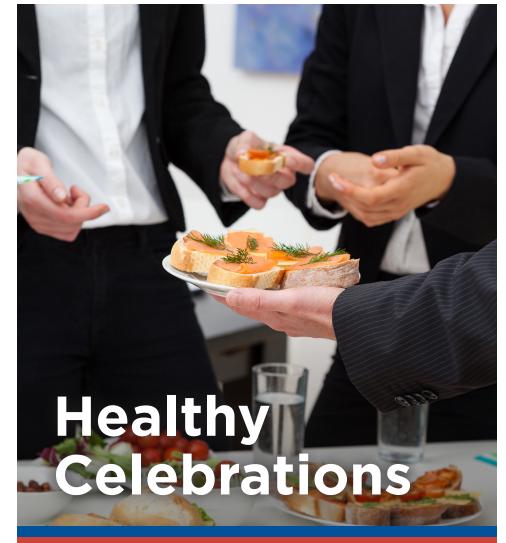


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Healthy Celebrations

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Healthy Party Foods:

- Fresh vegetables and dip
- Fruit with low-fat yogurt dib
- Low-fat cheese cubes
- Baked whole grain tortilla chips and salsa
- Fruit kabobs
- Hummus and whole-grain pita
- Lightly-salted popcorn
- Thin crust pizza topped with vegetables and less cheese

Many Americans eat too many "empty calories" from added sugars and solid fats.

Most adults should have no more than 200-250 empty calories a day while kids should have less than 200 empty calories a day.

Opportunities for Physical Activity:

- Dance party
- Active games like basketball or kick ball
- Group walks

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