



Healthy Celebrations

Enjoy healthy foods and activities at celebrations and gatherings.



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Healthy Party Foods:

- Fresh vegetables and dip
- Fruit with low-fat yogurt dip
- 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

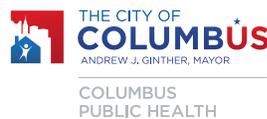
Many Americans eat too many “empty calories” from added sugars and solid fats.

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

Columbus Public Health
240 Parsons Ave, Columbus, OH 43215
www.publichealth.columbus.gov



Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Division of Prevention and Health Promotion, Bureau of Healthy Ohio, Creating Healthy Communities Program. This resource was supported by Grant Number O2520014CC0615 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

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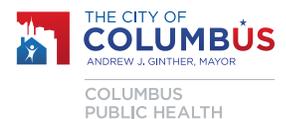
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