MyPlate Nutrition Education Series: Make Celebrations Fun, Healthy & Active¹

USDA Center for Nutrition Policy and Promotion, with an Introduction by Linda B. Bobroff²

After introducing MyPlate in June 2011, USDA provided a series of one-page fact sheets to help consumers use the dietary advice of the Dietary Guidelines 2010. The USDA added new fact sheets in December 2011 and continued adding fact sheets in 2012, 2013, and 2014. These fact sheets are distributed by UF/IFAS Extension for Extension faculty, health professionals, and consumers.

This fact sheet is Make Celebrations Fun, Healthy & Active, and it can be found on the following page.

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Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

**1. Make healthy habits part of your celebrations**
Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

**2. Make foods look festive**
Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

**3. Offer thirst quenches that please**
Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a “float” by adding a scoop of low-fat sorbet to seltzer water.

**4. Savor the flavor**
Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

**5. Use ChooseMyPlate.gov to include foods from the food groups for your party**
Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

**6. Make moving part of every event**
Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

**7. Try out some healthier recipes**
Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.

**8. Keep it simple**
Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving.

**9. Shop smart to eat smart**
Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

**10. Be a cheerleader for healthy habits**
It’s never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.