

Healthy Party Food Ideas



<p>Fruits/Vegetables</p> <ul style="list-style-type: none"> • Fresh whole or sliced fruit assortment • Fresh fruit kabobs • Unsweetened applesauce cups • 100% fruit popsicles • 100% fruit leathers • Raw Vegetables with low fat dip, salsa or hummus 	<p>Low Fat Dairy</p> <ul style="list-style-type: none"> • String cheese • Fat-free/Low-fat ice cream or frozen yogurt • Low fat yogurt (individual cup or tubes) • Low fat pudding (individual cup or tubes) • Yogurt/fruit Parfait
<p>Whole Grains</p> <ul style="list-style-type: none"> • Low fat popcorn • Whole grain pretzels • Yogurt covered pretzels/raisins • Graham crackers • Goldfish crackers • Pirates Booty • Low fat breakfast, granola bars • Whole grain pita 	<p>Drinks</p> <ul style="list-style-type: none"> • Water • Low or reduced fat milks (less than 30 grams of sugar per 8oz serving) • 100% juice up to age 12 • At least 25% juice ages 13-18 • Flavored water (no added sugar or caffeine)