






## The Truth about Sweets

 The average American eats more than 150 pounds of sugar each year!

 As part of a healthy diet, less than 10 teaspoons of sugar is recommended daily. Be careful! A slice of cake has about 10 teaspoons of sugar, and a regular can of soda has about 10 teaspoons.

 Like sugar, starchy foods such as potato chips or corn chips can cause cavities.

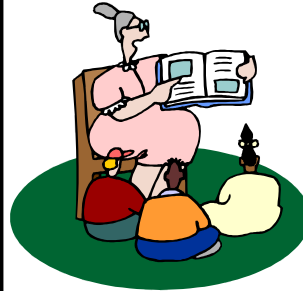
 Watch out for hidden sources of sugar such as corn syrup, molasses, fruit juice concentrate, and honey.

 Adding spices like cinnamon, ginger, vanilla or nutmeg can bring out the natural sweetness in foods without adding extra sugar and calories.

## Celebrating at School or Child Care

### Birthday Book Bash!

Wrap your child's favorite book in bright birthday wrapping paper and bring it to the classroom or child care on your child's birthday. The teacher can



unwrap the book and read it to the group. This is a great way to celebrate your child's special day!

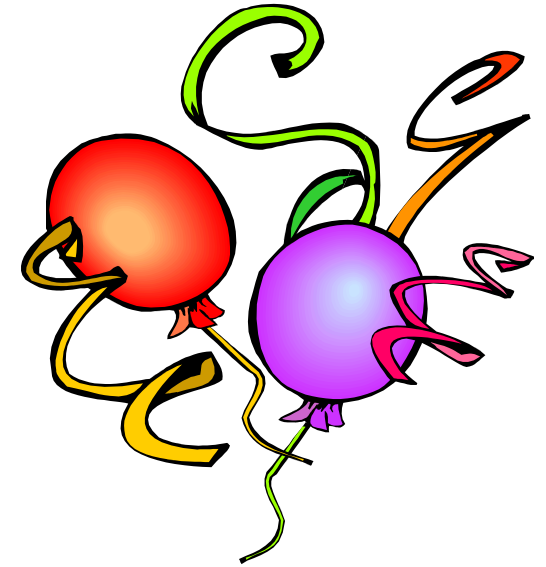


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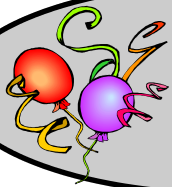
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# Happy and Healthy Birthday to You!





## Children Love Birthday Parties!

Most children expect to see candy and cake at their school or child care birthday party, **but** too many sweet snacks can make your child overweight and cause cavities.

Overweight children have a greater chance of becoming overweight adults, which can lead to many health problems such as:

- Type 2 diabetes
- Heart disease
- Joint problems
- Some types of cancer

**Keep your child healthy and happy! Bring only healthy birthday foods or party favors to your child's school or child care birthday celebration!**



## Tasty and Healthy Birthday Treats

apple slices with cheese  
fruit kabobs  
"ants on a log" - celery with peanut butter and raisins  
low-fat muffins  
whole wheat pita bread or crackers with bean dip  
fruit smoothies  
cheese and salsa quesadilla  
vegetables with low-fat dip

### Fruit and Yogurt Sundaes

- non-fat vanilla yogurt
- fresh or frozen berries thawed and cut into small pieces
- low-fat granola\*

#### Directions:

Give each child a small cup filled half full with yogurt. Place the berries and granola in small bowls with serving spoons on the table and let children make their own sundaes.

\*Be sure ingredients are not choking hazards



## Bright Ideas to Make Your Child's Birthday Special

**Instead of bringing birthday treats to your child's school or child care, bring fun party favors. Be sure items are age-appropriate.**

#### Here are some ideas:

- Coloring books
- Stickers
- Jump ropes
- Mini-frisbees
- Matchbox cars
- Yo-Yo's
- Colored pencils or crayons
- Paddleballs
- Books
- Kazoos or whistles
- Play tattoos
- Balls
- Playing cards
- Small stuffed animals
- Or put together treat bags filled with fun toys



To save money, you can buy many of these toys at discount stores or outlets.