



Make special occasions even more special



There's lots to look forward to when it comes to special occasions—family, friends and, of course, food. But if your child is overweight, parties and celebrations can pose a real challenge. Fortunately, there's a lot you can do to encourage healthier eating choices without ruining all the "fun."

Be a smarty when you party

The following tips can help your child eat healthier at a party or celebration.

Limit portions

Teach kids how much they eat is as important as what they eat, especially since snack foods like chips are often in big bowls. A single serving of potato chips (1 oz) is about 2 handfuls. It's real easy to eat more than one serving if they don't know what a serving is.

Eat before the party

A healthy snack beforehand, so kids aren't hungry when they arrive, can help curb appetites and limit overeating at a party. An average slice of cheese pizza is 290 calories. A slice of ice cream cake can be as much as 500. A healthy snack first can help ensure kids enjoy the foods they like in moderation.

Be active

If there's a party game or activity going on, encourage them to join in. Not only will they burn calories, they also won't be hanging out by the food.

Limit added sugars

Choosing foods and beverages sweetened with SLENDA® No Calorie Sweetener instead of sugar is a great way to reduce sugar and calorie intake.



*A special treat...
extra time with you*

Special occasions don't have to be the only time that's "special." If you have to prepare food for the holidays or any type of get-together, get your kids involved. They'll love spending the extra time with you and you'll also get a chance to teach them about nutrition and making healthy food choices.

Gifts that will move them



Need a gift for your child?
Consider something that promotes physical activity, like a bike, skateboard, tennis racket, or perhaps even the Wii™. Gifts like these are a great way to encourage your overweight child to get active and stay active.

2 simple changes you can also make

Families can slow the rate of weight gain in overweight children by making two simple changes every day*:

1. Cut 100 calories
2. Add 2,000 steps

To reduce your child's intake of added sugar and cut calories, try using SPLENDA® No Calorie Sweetener in place of sugar. And, by encouraging kids to participate in party games and activities, they'll expend extra energy.

For more helpful suggestions, visit www.americaonthemove.org



Recipes that rule

The following award-winning Kid's Pleasers recipe is a healthier option than many things you can make, and is kid, parent, and chef approved.

Chocolate Yogurt Pops



8 ounces plain nonfat yogurt
1/4 cup sugar-free cocoa mix
1/4 cup SPLENDA® No Calorie Sweetener, Granulated
4 popsicle sticks

Mix all ingredients in a small mixing bowl. Spoon mixture into four, 3-ounce paper cups. Set cups in a muffin pan or on a flat plate. Place popsicle sticks in the center. Freeze about 3 hours or until solid. Peel paper cups away from popsicles before serving.



Preparation time:
3 minutes
Freeze time:
3 hours
Makes 4 servings

Nutrition Information per Serving Serving size: 1 popsicle

Calories	50
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	80 mg
Total Carbohydrate	10 g
Dietary Fiber	0 g
Sugars	8 g
Protein	4 g



SPLENDA® Brand Sweetener can be used safely by the whole family, including children, women who are pregnant or nursing, and people with diabetes.

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