



Healthier Goodie Days & Celebrations

There is no need to eliminate all your favorite foods at special occasions. Having options is the key. Include some lighter, healthier alternatives.

Healthier Ideas (✓) For "Goodie Days" and Celebrations

"Goodie Days" are often set up in common areas and can become a distressing gauntlet of rich food hard to avoid by co-workers trying to limit their calorie and fat intake. Consider combining all birthdays into a once-a-month celebration or brainstorm for non-food ways to celebrate.

If you do serve food, make sure to always have a fresh fruit or vegetable option available.

Compare:

Food Item	Calories	Fat Grams
✓ Fresh Strawberry Shortcake (right), 1 serving	54	4
Frosted Birthday Cake (1/8 standard round cake)	250-400	10-15
✓ Diet Float with low fat ice cream	120	4.5
½ cup light ice cream (ex: Dreyer's Slow Churned ½ fat)		
Diet root beer (ex: Diet A & W root beer)		
Root Beer Float (regular ice cream & root beer)	280	12
✓ Sundae w/ strawberries, low-fat ice cream & granola	230	6
Sundae w/chocolate syrup, nuts & whipped cream	470	25
Bagels		
✓ Mini	71	0
3-1/2" (grocery store: 2.5 ounces)	194	1
4-1/2 inches (bakery: 5 ounces)	440	3
✓ Low fat (1 ounce; 2 Tablespoons)	65	5
✓ Eggplant Hummus (2 Tablespoons)	45	3
✓ Light laughing cow cheese (1 triangle)	35	2
✓ Jam (1 Tablespoons)	56	0
Cream cheese Regular (1 ounce; 2 Tbps)	98	10
✓ Mini blueberry muffin	70	3
Glazed donut (4-1/2")	299	14
Krispy Kreme Jelly donut	330	17
Starbucks cranberry orange muffin	410	20
✓ Mini scone	170	6
Starbucks large pumpkin scone	480	15

Some ideas for including lighter fare:

► **Cut the Cake:** At office birthday parties consider angel food cake with fresh fruit toppings instead of the usual fat-laden cakes. Smaller portions save calories and fat. Cut smaller pieces of cake or serve mini cookies and brownie bites so attendees can choose their own smaller portion.

Here is an example of what one department did to make a celebration healthier and fun!

~ CEO-Strawberry Shortcake Employee Birthdays Celebration

► **Pass the Ice Cream:** Try low fat ice cream or frozen yogurt, topped with granola and real fruit for a healthier treat. (Thawed frozen strawberries make an easy healthy topping). Include a truly low-calorie treat with a float made from 1 scoop of low fat ice cream and diet root beer.

► **Ditch "Donut Day":** Regular donuts and pastries are loaded with fat and calories! Instead of a donut or pastry day, bring mini-bagels, mini low fat muffins and scones with flavored low-fat cream cheese, hummus, and/or jam.

