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birthday party

tip
card



free
to
LIVE™

healthy tips



- Never go to a party hungry – eat a healthy snack before the party to help curb your appetite.
- Drink water before and during the party. This will help you feel full.
- Focus on socializing, catching up with old friends – try not to hang around the snack table!
- Bring along your L A Lites for a satisfying treat.

	Protein	Veggies	Fruit	Starch	Dairy	Fat
Pizza , 1 large plain or vegetable slice, pizza shop style, 14" / 35cm	½			2		1
Ice Cream , regular, ½ cup / 125mL				1		2
Birthday Cake , frosted, 2" / 5cm square				2		1
Hamburger , plain, 3oz / 90g and ½ bun	1			1		
Fruit Punch , 6oz / 175mL				1		

use foods not on your menu plan in moderation