

PARTY FOODS



As December comes to a close, Christmas parties are in season! For your child though, it is party season throughout the year, with their friends hosting birthday parties every few weeks. When attending parties regularly, it is important to make sure that your child does not get an overload of sugar and junk food. Let your child have sugary treats once in a while, but do remember to balance his or her diet with lots of fruit and vegetables during other meals!

You can also offer healthy-but-fun food options when you are hosting your own child's party! We provide a few suggestions below, but we would love to hear from you if you have any other suggestions for healthy party foods! Please write to us at ois@healthspring.in, or call 6130-3535 to speak with Dr. Khullar, who is the Healthspring paediatrician at OIS.

Fruit smoothies, milkshakes and flavoured lemonade: Instead of using sugar, you can use jaggery as a sweetener in the lemonade, and honey or dates for the fruit smoothies and milkshakes. Serve these beverages in place of aerated drinks.

Baked potato wedges or chips: A great replacement for French fries and fried chips! Once you season them with salt and pepper, baked potato wedges and chips taste just as good as their fried counterparts! You can also use sweet potatoes to create a more unique taste!

Crackers with toppings: Whole-grain crackers with cream cheese and strawberries are tasty and nutritious. For older children, you can also serve hummus and other dips with crackers, pita or sliced vegetables.

Apple 'doughnuts': Core an apple and then slice it horizontally to create round slices with a hole in the centre. Top with chocolate spread, peanut butter, sprinkles, etc.

Chocolate-covered strawberries: Another great way to include fruit in desserts!

Fruit skewers and fruit salad: With the right combination of fruits, these are colourful and fun. Please note: Skewers should only be used for older children.

Banana bread, apple muffins and carrot cake: These are all great options to serve instead of, or along with, chocolate cake, so that children can get some fruit or vegetables along with their dessert fix.



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Upcoming - Dadar. Chembur. Cuffe Parade. Malad. Borivali.