



Healthy Eating at Summer Parties



Enjoy the celebration — and feel great afterward



Fill Half With Color

Load half your plate with veggies, salads, and fruit first — then add the rest around them.



Hydrate First

Sip water or sparkling water with citrus between other drinks. Thirst often masquerades as hunger.



Savor, Don't Graze

Fix one plate, step away from the snack table, and enjoy every bite while you chat.

Simple Summer Swaps

Creamy mayo salads



Vinaigrette pasta or bean salads

Chips & dip on repeat



Veggie sticks, fruit skewers & hummus

Sugary sodas & punch



Sparkling water with berries & mint

Heavy frosted desserts



Grilled peaches or a fruit crumble

Be the Hero: Bring a Dish

- A big rainbow salad with a citrus dressing
- Watermelon, feta & mint skewers
- Grilled corn, zucchini or veggie kebabs
- A berry platter with yogurt dip



Keep It Fresh in the Heat

- Keep cold dishes on ice; don't leave food out over 2 hours (1 hour above 90°F)
- Shade the buffet table when you can
- Use separate plates for raw and grilled foods



The 90/10 mindset: healthy choices most of the time, treats truly enjoyed the rest.

No guilt, just balance — protect the fun and your progress.