

Know About

SPORTS AND SNACKS

Hold the sports drinks!

Unless kids are vigorously exercising for at least 60 minutes or more, they don't need a sports drink. Fresh fruit has everything kids need to refresh after a practice or game! Serve alongside bottles of water for reenergized kids!

Many parents enroll their kids in sports to help them get physical activity and be healthy. Yet parents often overestimate how much energy kids are actually burning during practices and games. Kids frequently get unhealthy food and drinks when they participate in organized sports - foods that can provide way more energy than the kids actually burn.

Snack items provided by families after games or practices are often unhealthy. To help the kids on your school's sports teams fuel their bodies with healthy food, try out the tips below!



To help improve the quality of after practice and game snacks:

- Ask your child's coach to set a fruit-only snack policy and offer to help spread the word.
- Role model: Bring healthy choices when it's your turn.
 - Any fresh fruit works great as an after practice or game treat. Consider: watermelon slices, orange slices (a classic favorite!), berries, melon, pineapple chunks, cherries, or grapes.
 - No time to wash and cut up fruit? Just reach for whole fruit! For example: bananas, apples, peaches, or clementine oranges.
 - Bring bottles of water to help kids rehydrate.



www.lets-go.org