If snack time for your kids after play or sports includes “fruity” juices and chewies...

Better send them back out to play!

* 70 lb. child, “fruit flavored” drink and snack = 180 calories, 34 grams of sugar

To burn off those calories, your kids will have to:

- Run fast for about 27 minutes
- Play hard for about 40 minutes
- Pedal fast for about 40 minutes

Refuel your kids with water and real fruit or veggies after sports and play.

HealthyLincoln.org
Partnership for a Healthy Lincoln

Made possible with funding from the Centers for Disease Control and Prevention