

Strong4Life Game Plan for Healthy Kids

Help our kids develop healthy habits by providing nutritious snacks for our team. When it's your turn to bring snacks and drinks, use the following guidelines.

WHAT'S HOT	WHAT'S NOT	WHAT...WHY NOT?
<p>Water (yes, just plain water!)</p> <p>Fruits, veggies, and other healthy snacks (suggestions listed below), which you can purchase or make yourself</p>	<p>Sports drinks,* soda, fruit juice, juice drinks or flavored water</p> <p>Sweets like cookies, cupcakes, power bars, and granola bars with candy or chocolate</p>	<p>Water is the best source of hydration. Sweet drinks—including juice and sports drinks*—contain unnecessary sugars.</p> <p>Healthy food provides the fuel our bodies need to be physically active and strong.</p>

*SPORTS DRINKS SHOULD ONLY BE CONSIDERED FOR CHILDREN WHO ARE PARTICIPATING IN VERY VIGOROUS AEROBIC EXERCISE IN HOT AND HUMID WEATHER FOR LONGER THAN 60 CONTINUOUS MINUTES.

Strong4Life Snacks to Buy

- Individual containers of hummus served with fresh cut vegetables or whole wheat pita bread
- Whole wheat mini bagels with nut butter or low-fat cream cheese
- Low-fat string cheese with fresh fruit or wheat crackers
- Low-fat yogurt tubes or squeezable applesauce (look for brands that are “no sugar added”)
- 1% milk box and a granola bar (choose bars without chocolate or candy pieces)
- Individual fresh fruits that are easy for kids to eat such as clementines, apples and bananas

Strong4Life Snacks to Make

- Spread nut butter on celery sticks, apple slices or between graham crackers.
- Create trail mix using unsalted pretzels, dry cereal (whole grain), nuts and dried fruit.
- Roll up a whole wheat tortilla filled with deli turkey, fresh veggies and mustard. Cut into snack sized pieces.
- Make a sandwich on whole wheat bread using deli turkey, peanut butter, or reduced fat cheese and veggies. Serve a half sandwich to each child.
- Freeze low-fat yogurt tubes or fresh grapes for a cold, refreshing snack!

For more information about Strong4Life, go to Strong4Life.com.



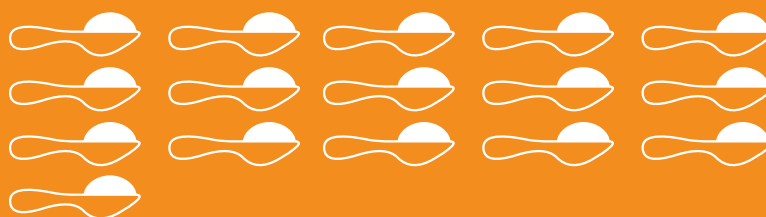
Children's
Healthcare of Atlanta

Drink More Water

Open your refrigerator and there's a good chance you'll find soda, juice, sweet tea, and more—all of the things kids go for. Children think they want soft drinks and other sugar-sweetened beverages, but their bodies actually crave water.

Do you know how much sugar is in your family's favorite 20-ounce drink?
Use the chart below to think about the amount of sugar your family may be drinking.

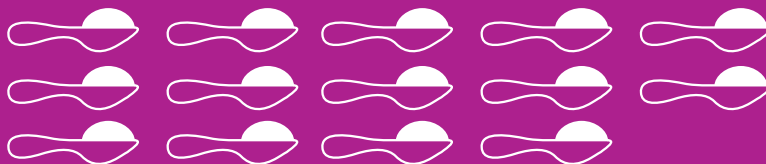
Light or Dark Soda – 16 teaspoons of sugar



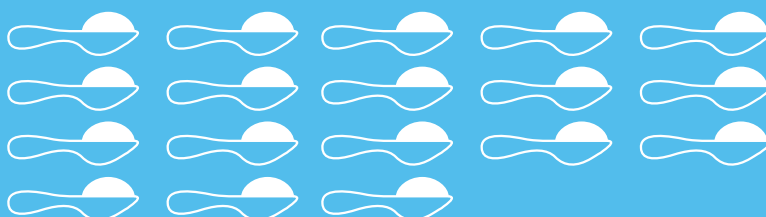
Sports Drink – 9 teaspoons of sugar



Sweet Tea – 14 teaspoons of sugar



Fruit Drink – 18 teaspoons of sugar



Strong4Life.com

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Strong4Life Team Mom Game Plan

Kudos to you for being a Team Mom for your child's team! You are doing a great job by supporting your young athlete. With the Strong4Life Team Mom Game Plan, we will help you fuel up the team with the right snacks and drinks they need to be superstars. Get started with the Strong4Life Team Mom Game Plan by following the steps below.

1. Study the Opponent

No, the opponent is not the other team! It's the traditional foods and drinks served as snacks all too often at childrens' sports practices and games. Think sports drinks, juice, fruit punch, cupcakes, cookies, and granola bars with candy and chocolate. Strong4Life says:

- Avoid soda, juice, juice drinks, flavored water and sports drinks. These add extra sugar and calories to your child's diet, and provide minimal nutritional value. Sports drinks

2. Know the Game

Healthy food provides the fuel our bodies need to be physically active and strong. Strong4Life says:

- Water is the best source of hydration for children before, during and after physical activity. We can make water fun for kids by providing special re-usable water bottles (think fun team colors), or asking a sibling to decorate plastic water bottles for the team.
- Fresh fruits, vegetables, whole grains, lean proteins and low-fat dairy provide the healthy carbohydrates and protein kids need to re-

should only be considered for children who are participating in very vigorous aerobic exercise in hot and humid weather for longer than 60 continuous minutes.

- Avoid cupcakes, cookies, chips, fruit snacks and candy. These foods provide empty calories instead of the long lasting energy your kids need to finish the big game, or their homework.

fuel after the big game. Aim for snacks that include two different food groups, like fresh apple slices with peanut butter, or whole wheat crackers with cheese.

- Be sure to ask if any teammates have food allergies or medical conditions that could affect the foods they can eat.
- Sports should be fun, and celebrating big wins or the end of the season is all part of it. Try to limit celebratory ice cream or pizza outings to one per season.

3. Be the Cheerleader

You cheer your child on from the sidelines, but now it's time to cheer on the rest of the moms and dads. Strong4Life says:

- That's right, it's up to you to communicate your new, healthy game plan to all of the parents on your child's team.

- You can print and distribute our easy-to-follow Strong4Life Game Plan for Healthy Kids flier at the next practice or game, or you can email the flyer directly to parents.