



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



OR

Play hard for about **40** minutes



OR

Pedal fast for about **40** minutes



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



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