

# SMART SNACKS

## FOR YOUR ATHLETE

### WHY SMART SNACKS?

In an effort to support a healthy environment for youth, we are encouraging parents and guardians to use the USDA's Smart Snacks criteria to guide their selection of post-game snacks and beverages. Keep your kids healthy and happy so they can keep doing the things they love!

### WHAT MAKES A SMART SNACK

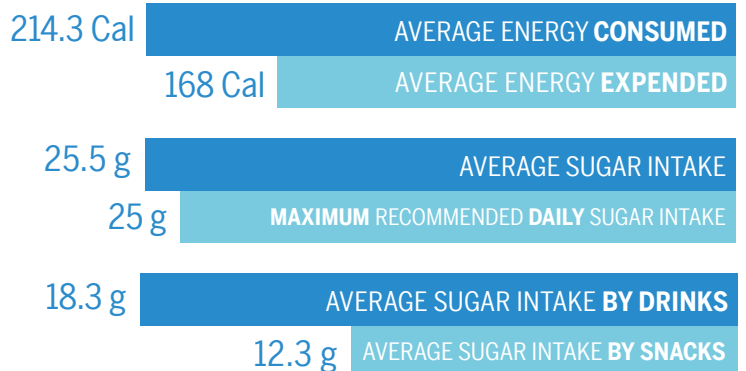
NUTRIENT STANDARDS — & — FIRST INGREDIENT

calories	200 or less	a whole grain
sodium	200 mg or less	a fruit
total fat	35% of calories or less	a vegetable
sat. fat	less than 10% of calories	a dairy product
trans fat	0 g	or protein food
sugar	35% by weight or less	

The American Academy of Pediatrics recommends that the routine intake of sports drinks should be avoided. Research suggests that when sports last less than 1 hour, water is sufficient for fluid replacement.

### THE FACTS

WHAT'S CURRENTLY HAPPENING AT EACH GAME



### WIN WITH WATER

**WHY WATER?** Water is the healthiest and most natural liquid. Drinking just one 8-ounce sugary drink every day increases a child's odds of becoming obese by 60%.

### SOME SMART SNACKS



mixed nuts



fresh fruit



string cheese



dried fruit



granola bar