

# Hydration Station

## Healthy fluids for active kids

Many kids arrive at the playground or sports practice already dehydrated. The more dehydrated children are at the start of activities, the more likely they will have decreased physical performance, fatigue or heat illness. Encourage kids to drink cool water before, during and after physical activity.

 **American College of Sports Medicine recommends kids count their gulps!**

**Before** activity: 8-16 gulps (4-8 oz)

**During** activity: 8 gulps (4 oz) every 15-20 minutes

**After** activity: 32 gulps (16 oz)

## Phony 'fruit' juice

Just because a drink is labeled "100% natural fruit drink" doesn't mean that it is fruit juice. Fruit "drinks," "beverages," "-ades" and "cocktails" are not fruit juice. They may have some juice added. Before you buy a fruit drink, read the label carefully and see if it really is 100% fruit juice.

## Keep kids hydrated

Kids can get dehydrated quickly. You can keep kids hydrated by encouraging them to:

- ▶ Take water breaks during the day
- ▶ Take a sip from the water fountain every time
- ▶ Drink water before, during and after active play
- ▶ Carry a water bottle

## Are kids drinking their calories?

High-calorie drinks add a lot to children's daily intake without satisfying their appetite. Soda, fruit-flavored drinks and sports drinks are high in sugar and caffeine and low in the essential nutrients kids need. The American Journal of Public Health found that 2- to 19-year-old children are getting about one quarter of their daily calories from soda.

**Here is a list of drinks that will help keep children hydrated and ready to go:**

**Water:** Give kids water for most of their fluid needs

**Milk:** Low-fat or fat-free\*

**100% fruit juice\*\***

**Fruit smoothie:** Make your own. Just blend frozen fruit, ice, and yogurt or milk

**Fruits and vegetables:**

Like a juicy orange, watermelon, peach or tomato

**Soup:** Try vegetable or minestrone

**Yogurt drink:** Choose products that are high in calcium and lower in fat and calories

\*Children ages 1 to 2 should drink whole milk. Children ages 2 to 5 should be gradually switched to fat-free (skim) or low-fat (1% milk).

\*\* The American Academy of Pediatrics recommends that children ages 1 to 6 drink only 4-6 ounces of juice each day and children ages 7 to 18 drink only 8-12 ounces.

**Drink it up the healthy way!**



# Fuel Stop

## Healthy fuel for active kids

Healthy meals and snacks provide children the energy they need to have fun and do well in school. Make sure active children don't skip meals. Eating a combination of carbohydrates, protein and fat will provide lasting energy. For example, an egg-and-cheese sandwich on a whole-wheat English muffin, a piece of fruit and a glass of low-fat, fat-free or soy milk is just right for breakfast.

Snacks after active play can help kids get the energy they need. Refuel active kids with fruits, vegetables and whole grains instead

of junk food. Eating at least 5 to 9 servings of fruits and vegetables each day and at least 3 servings of whole grains is a goal of good health. At the start of the season or play group, hand out a "healthy snack sign-up sheet" for parents (see sample below). Make copies of the completed list. Include the serving amount needed for each child on the team or group. Kids should already have their own water bottles to replace fluids,

## Post-active play or game snack

- ▶ Try pre-packed, single servings or purchase lower-cost, bulk products and pre-portion them in small plastic bags
- ▶ Pre-wash and cut fruits and vegetables
- ▶ Bring hand wipes and waterless cleanser

Food Group	What is one serving?	Kid Favorites
Vegetable	<ul style="list-style-type: none"> <li>▶ 1 cup of raw, leafy vegetables = size of a baseball</li> <li>▶ 1/2 cup of peas or other vegetables = size of a small computer mouse</li> </ul>	Baby carrots, celery, red peppers, grape tomatoes, cucumbers, sugar snap peas and zucchini
Fruit	<ul style="list-style-type: none"> <li>▶ 3/4 cup of fruit juice = size of 6 oz can</li> <li>▶ 1/2 cup of sliced fruit = size of a small computer mouse</li> <li>▶ 1 medium fruit = size of baseball</li> <li>▶ 1/4 cup dried fruit = size of golf ball</li> </ul>	Kiwi, oranges, apples, grapes, watermelons, strawberries, peaches, bananas, pears and raisins
Grain	<ul style="list-style-type: none"> <li>▶ 1 slice of whole-wheat bread = size of a disk</li> <li>▶ 1 cup of dry cereal = size of a baseball</li> </ul>	Whole-grain crackers, whole-grain cereal and whole-wheat mini pitas



## Sample Healthy Snack Sign-up

Last Name	Date	Snack
		100% whole-grain crackers* Cheddar cheese (one serving is only 1.5 ounces)
		Kiwi, pre-washed and quartered
		Mini 100% whole-wheat pitas and hummus
		Oranges, pre-washed and quartered
		Baby carrots, celery and low-fat dip

\*Check the label: "Made with whole grain" is part whole grain and part refined grain.