USDA

United States Department of Agriculture

Eat Smart To Play Hard

ACTIVITY GUIDE FOR FAMILIES

Your Guide To Making Family Time an Active Time

Running, laughing, sweating...your family plays hard. This summer, fuel up with healthy foods to feel your best.

Look inside to find:

- Quick and tasty snack ideas
- Facts about your favorite drinks
- A fun family challenge to inspire you to play hard

SUMMER FOOD SUMMER MOVES

TEAM NUTRITION

It's a vegetable! It's a protein food! It's a... SUPER-SNACK!

Beans are...

• healthy! • budget friendly! • delicious!

That's right! Beans are an excellent source of protein and provide other nutrients such as iron and zinc. Look for canned beans labeled "low-sodium," "reduced sodium," or "no salt added." Or try cooking with dried beans. See below for snack ideas.

Drink Smart To Play Hard

Do my kids need sports drinks?

Sports drinks can be helpful for young athletes who exercise vigorously for an hour or more, or in hot temperatures. For most children, though, water is the best choice during and after physical activity. Sports drinks have added sugars that children do not need.

Snack Recipes

Are you looking for a snack to give kids energy between meals? Try beans! Beans can help your kids eat smart to play hard all summer long. Try…

Edamame — Kids love the mild flavor and enjoy popping them open.

How? Buy frozen bags of green soybeans in the pod. Bring a large pot of water to a boil, add the beans, and boil for 5 minutes. When ready, drain beans and serve hot or at room temperature. Remove the outer pod before eating the beans.

Roasted Chickpeas — Chickpeas, or garbanzo beans, get crunchy and extra-delicious when spiced and roasted in the oven.

How? Drain, rinse, and dry two 15-oz cans of chickpeas. Toss the chickpeas with a tablespoon of oil and one teaspoon each of cumin and chili powder. Spread beans on a baking sheet and roast at 400 degrees for 30-40 minutes, stirring halfway. Cool before eating.

Quick Quesadillas — Make a quick and easy quesadilla with black beans as the main ingredient!

How? Combine 1/3 cup cooked black beans with 2 tablespoons reduced-fat cheese in a whole-wheat tortilla. Fold in half and lightly spray one side of the tortilla with cooking spray. Place quesadillas on a baking sheet and bake at 400 degrees for 15 minutes, or until cheese has melted and the tortilla is crisp.

Get more bean recipes at: http://www.whatscooking.fns.usda.gov.

How do I know if there is added sugar in my drink?

Check the ingredient list for these added sugars:

- High-fructose corn syrup
- Fructose
- Corn syrup
- Dextrose
- Cane or beet sugar
- Agave syrup
- Sucrose
- Honey

Water, High Fructose Corn Syrup, Concentrated Juices (Orange, Tangerine, Apple, Lime, Grapefruit), Citric Acid, Natural Flavors, Food Starch—Modified, Canola Oil, Cellulose Gum, Xanthan Gum, Sodium Hexametaphosphate, Sodium Benzoate, Yellow #5, Yellow #6

How much added sugar is in my drink?

Look at the chart below to see how much added sugar is in some popular drinks.

Beverage	Size	Teaspoons of added sugar	Calories from added sugar
Water	Any	0	0
Sparkling Water (unsweetened)	Any	0	0
Cola	12-oz	(8)	126
Fruit-Flavored Drink	12-oz	(10)	168
Lemonade	20-oz	(14)	220
Sports Drink	20-oz	(8)	122

All information taken from *MyPlate* SuperTracker at **https://www.supertracker.usda.gov**.

PLAY HARD
Activity Challenge

Try these fun ways to help your whole family be more physically active:

1. Talk with your family about which activities to try.
2. Set a goal. Write it in the middle box.
3. Cross off each activity as you do it.
4. When your family has done all the activities, you have Bingo! Celebrate with a trip to a park or have a family dance party.

For children and adults with disabilities, cross out activities that are inappropriate and write in your own fun ideas.

Take a brisk family walk	Ride bikes	Play tag
Garden	Dance	Play basketball or tennis
Run	We will do _____ activities this month.	Stretch or do yoga
Play soccer or Frisbee	Jump rope	Climb stairs
Play catch	Go on a hike	Swim

Food and Nutrition Service • FNS-613 • March 2016
USDA is an equal opportunity provider and employer. • http://teamnutrition.usda.gov