

Picnic Fun

Planning A Picnic? Beware Of The Fruit Punch!

(NAPSA)—Labor Day weekend—or any sunny day—can be a great time to pack a picnic full of nutritious seasonal foods, but don't forget to think about the drinks that will keep your family hydrated at the park.

Did you know that many juices and fruit punches pack a calorie punch as well? For example, there are 11.5 teaspoons of sugar and 195 calories in an average 12-ounce glass of fruit punch. Imagine adding nearly a quarter cup of sugar to any drink!

Here's a look at some other drinks* that can be popular at picnics but also pack a sugary and high-calorie punch:

- Orange soda: 13 teaspoons of sugar, 210 calories;
- Grape juice: 12 teaspoons of sugar, 200 calories;
- Powdered drink mix (with sugar): 9 teaspoons of sugar, 145 calories;
- Sweet tea: 8.5 teaspoons of sugar, 120 calories.

*per 12-ounce serving

This information—and many more science-based tips, tools and other resources to help keep the whole family eating healthy—is available on the *We Can!* (Ways to Enhance Children's Activity & Nutrition)[®] website. *We Can!*, developed by the National Institutes of Health, provides resources for parents, caregivers



Fresh fruit and fun games can make your next family picnic better than ever.

and communities to help children ages 8–13 maintain a healthy weight by eating right, increasing physical activity and reducing screen time.

The program can help your whole family live a healthier lifestyle—not just have a healthier picnic.

So before you shop for your next picnic—or just the week ahead—visit the *We Can!* website, <http://wecan.nhlbi.nih.gov>, for tips, including healthy substitutions for your picnic (such as using fat-free or low-fat sour cream in dips, and leaner meats when grilling) and suggestions for fun outdoor group activities, such as volleyball, to get the whole family moving to burn off calories from your feast.

And the last thing to add to your picnic?

- Fun!