

Planning a Picnic? Beware of the Fruit Punch!

Putting together a picnic basket? Have your picnic checklist?

- ✓ Watermelon
- ✓ Corn on the cob
- ✓ Blueberries
- ✓ Peaches

Summertime is 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 summer 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
- Powered 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—are available on the **We Can!** (**W**ays to **E**nhance **C**hildren's **A**ctivity & **N**utrition)® Web site (<http://wecan.nhlbi.nih.gov>). **We Can!**, developed by the National Institutes of Health, provides resources for parents, caregivers 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 life—not just have a healthier picnic.

So, before you shop for your next picnic—or just the week ahead—visit the **We Can!** Web site for tips, including healthy substitutions (such as using fat-free or low-fat sour cream in dips, and leaner meats when grilling) and suggestions for fun outdoor group activities, like volleyball or soccer, to get the whole family moving to burn off calories from your summertime feast.

And the last thing to add to your list?

- ✓ **Fun!**