

Public Health Toolkit **SOCIAL MEDIA**



Spring Childhood Nutrition

POST: Have a young athlete in the family? Kick-start their day with a sit-down or on-the-go breakfast: scrambled egg and whole wheat tortilla, a banana with peanut butter, or low-fat yogurt with fruit.

TWEET: Kick-start a young athlete's day w/ breakfast: scrambled eggs & whole wheat tortilla, a banana w/ peanut butter or low-fat yogurt & fruit.

POST: Did you know a missed morning meal can leave kids low on energy later in the day? Skipping breakfast also means they're not getting essential nutrients. Help your child be the healthiest he or she can be. http://www.health.ny.gov/prevention/nutrition/resources/usda_resources.htm

TWEET: #DYK a missed breakfast can leave kids low on energy? It also means they're skipping essential nutrients.

http://www.health.ny.gov/prevention/nutrition/resources/usda_resources.htm

POST: For every 15-30 minutes of activity, help your child stay hydrated with a glass of water. If they are looking for a little extra flavor and to restore electrolytes, try adding their favorite fruit to their water.

Tips for keeping kids healthy and happy:

http://www.health.ny.gov/prevention/nutrition/resources/usda_resources.htm

TWEET: For every 1 hour of activity, offer kids a glass of water. Add a favorite fruit for flavor. Healthy kids tips: http://www.health.ny.gov/prevention/nutrition/resources/usda_resources.htm

POST: Not sure how many calories your kids should be eating at snack time? Smart snacks should be 200 calories or less. Nutrition resources for parents:

http://www.health.ny.gov/prevention/nutrition/resources/eat_well_play_hard/kids.htm

TWEET: Healthy snacks for kids should be 200 calories or less. Nutrition resources for parents:

http://www.health.ny.gov/prevention/nutrition/resources/eat_well_play_hard/kids.htm

POST: When the kids have an after-school practice or game, fuel them up one to two hours before with a light carbohydrate snack. A piece of fruit or ½ cup whole grain cereal is all they need. The resources you need to fuel your kids:

http://www.health.ny.gov/prevention/nutrition/resources/eat_well_play_hard/kids.htm

TWEET: 1-2 hours before your child's next game, fuel them up w/ a half a sandwich. More nutrition info for parents: http://www.health.ny.gov/prevention/nutrition/resources/eat_well_play_hard/kids.htm

POST: Post game time, begin refueling your kids immediately with a snack to replenish energy and rebuild muscle. Smoothies or low-fat milk and fruit are perfect recovery foods. Get the resources you need to keep your kids healthy and happy.

http://www.health.ny.gov/prevention/nutrition/resources/eat_well_play_hard/kids.htm

TWEET: Post game, smoothies or low-fat milk and fruit are perfect foods to refuel and rebuild muscle.

http://www.health.ny.gov/prevention/nutrition/resources/eat_well_play_hard/kids.htm