



Make these Healthy Choices Every Day!

5



5 or more servings
of fruits and vegetables

2



2 hours or less of
recreational screen time

1



1 hour or more
of physical activity

0



0 sugary drinks
Drink water instead!





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5 or more servings of fruits and vegetables

- Fill half your child's plate with fruits and vegetables.
- Keep washed and sliced veggies and fruits in the fridge so they are ready to eat.
- Add vegetables to foods you already make, like pasta, soups, pizza, and rice.
- Add fruits to hot or cold cereal, pancakes, and smoothies.

2 hours or less of recreational screen time

- Keep screens out of your child's room.
- Plan ahead for screen time - use a timer and turn off the screen when time is up.
- Have books, coloring books, and games available in family areas.
- Turn off screens during meal time.

1 hour or more of physical activity

- Have your child play outside.
- Turn on the music and dance!
- Take a family walk when the weather is nice.
- Find activities your child enjoys - it can even be hula hooping or jumping rope.

0 sugary drinks - drink water instead!

- Water is the healthiest drink!
- Have your child drink water when they are thirsty.
- Add cut up fruit to water for fun and flavor.
- Avoid sugary drinks like soda, fruit drinks, energy drinks, and sports drinks.

