

5

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5 SERVINGS OR MORE

5210 Let's Go!

2

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2 HOURS OR LESS



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1

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1 HOUR OR MORE



0

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0 SERVINGS

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5

Eat five or more servings of fruits and vegetables every day.

2

Limit recreational screen time to two hours or less every day.

1

Get one hour or more of physical activity every day.

0

Drink zero sugary drinks every day. Drink more water and low fat milk.

Eat Healthy

Most fruits and vegetables are packed with nutrients and fiber, and low in calories. To get the recommended amount, most of us need to increase the amount of fruits and vegetables we currently eat.

Watch Less

Screen time includes TV, computer, and gaming systems, and is associated with more snacking and increased obesity. Also, too much TV has been linked to decreased reading scores and attention problems in children.

Move More

Get active with activities that make you breathe harder and your heart beat faster. This is proven to reduce your risk of disease, strengthen your muscles and bones, and boost your mood and energy.

Cut Out

Sugary drinks, such as soda, sports drinks, and fruit-flavored drinks, are high in calories, low in nutrients, and lack health benefits. These sugary drinks add empty calories.

Healthy Tips:

- Include at least one serving of fruits and/or vegetables with each meal.
- Have fresh fruits and vegetables washed, chopped, and ready to snack on.
- Try-a-bit Rule: Offer new fruits and vegetables, and encourage everyone in the family to try a few bites. It can take 7-10 tries to like a new food.

Healthy Tips:

- Keep the TV and computer in a central location and out of the bedroom.
- Enjoy family time. Turn off the TV during meals, and talk about your day.
- Make one day a week a "Screen's Off Day" in your home, and do something active with the family.

Healthy Tips:

- Ditch the car. If you can bike or walk to your destination, then do it!
- It all adds up. Do a few minutes of activity through the day until you reach 60 minutes each day.
- Physical activity is fun! Go swimming, dance, garden, or play a sport.

Healthy Tips:

- Encourage your family to love water. Serve water with each meal.
- Jazz your water up. Add fresh fruits or a splash of 100% juice to sparkling or flat water for a quick and easy low calorie beverage.
- Make it convenient. Have chilled water in a jug ready to pour or a bottle ready to go.