

## 5-2-1-0 Goals for Healthy Active Living

Help your children lead a healthy active life. Use these simple goals as a guide every day.

- 5** or more fruits and vegetables
- 2** hours or less of recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water and low fat milk

### 5 fruits and veggies each day

- Give veggies fun names like dinosaur broccoli trees, x-ray vision carrots
- Add veggies to pasta, soups, casseroles
- Keep cut-up fruit and veggies ready for easy snacks
- Let kids help select and prepare veggies for meals

### 2 hours or less of screen time each day

- Turn the TV and phones off during family meals
- Make the bedroom a screen-free zone
- Have books, crayons, and paper ready for play time

### 1 hour of physical activity each day

- Find physical activities your child likes...jump rope, tag, basketball, soccer, hula hoop, bike riding, swimming, dancing
- Make time for active play
- Play as a family...take walks, go to the park, play nerf basketball, play catch

### 0 sugary drinks, more water each day

- Offer water for thirst between meals
- Don't give soda and fruit drinks to young children
- Make sure juice boxes are 100% juice
- Limit juice to ½ cup per day

Be a role model. Make healthy eating and physical activity the norm for your family.



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