

5 2 1 0 WAY TO GO!



5 Eat 5 or more fruits and vegetables every day

- Eat fruits and vegetables at every meal and snack.
- Fresh is best, but frozen, canned, or dried vegetables and fruit are good choices too.
- Choose products without added salt, sauce, or sugar and that aren't packed in syrup.
- Rinse canned fruits and vegetables to help remove extra salt, juices, and sugar.



2 Limit the use of TV, computers, video games, smart phones, electronic tablets or notebooks, and other electronic devices to less than 2 hours per day.

- Keep TV's and computers out of the bedroom.
- No screen time under the age of 2.



1 hour or more of physical activity

- Play together! Choose activities that are fun and involve the whole family.
- Plan indoor active play for rainy days.
- Choose walking or biking, rather than the car, for short trips.
- Busy schedule? Combine shorter periods of activity throughout the day.



0 sugary drinks

- Avoid fruit punch, sports drinks, regular soda, sweet tea, lemonade, limeade, fruit drinks, and sweetened coffee drinks.
- Limit 100% fruit juice to 6 ounces or less per day.
- Drink more water and lowfat or fat-free milk.

EAT BREAKFAST DAILY

Try to include:

a source of protein (such as an egg, peanut butter, or low fat yogurt or cheese)

whole grains (like a whole grain hot or cold cereal or 100% whole wheat bread product)

a serving of fruit

WATCH PORTION SIZES

It is the parent's job to decide what food choices to provide; it is the child's job to decide how much to eat.

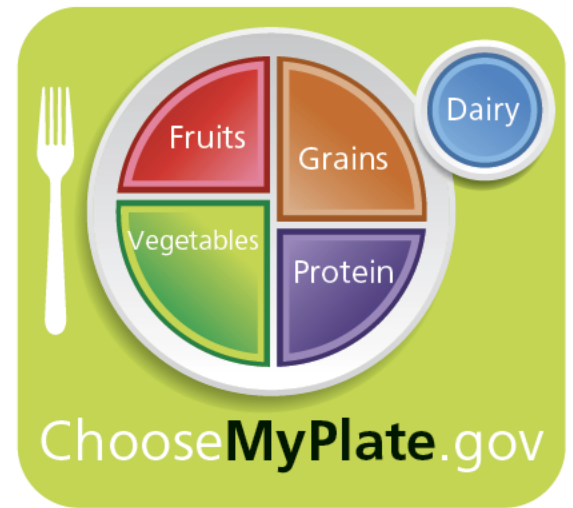
Pay attention to cues of hunger and fullness; stop eating before feeling full and allow children to stop eating when they lose interest in the meal.

Reduce second helpings and limit them to fruits and vegetables

Eat half—or less—of portions served in restaurants

Make your plate look like this:

For healthy living tips for the entire family, go to www.ChooseMyPlate.gov



Cook meals at home more often. They have less calories, fat, and salt than foods from restaurants (especially fast food restaurants).

Adjust recipes gradually to reduce the amount of added salt, fat, and sugar used in cooking. Use more whole grains, fruits, and vegetables.

LIMIT EATING OUT

Eat together as a family around the dinner table

Limit distractions such as TV, phones, and computers

Eating together results in healthier meals, a lower incidence of obesity, better family communication, and other psychosocial benefits.

EAT TOGETHER

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