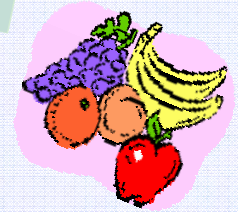
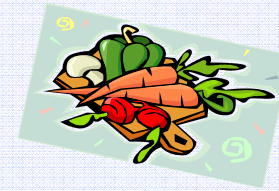


# Healthy Kids

5

**Eat at least 5 fruits and vegetables a day**

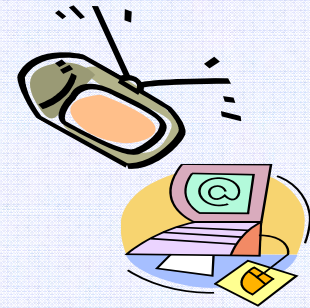
- > Eat a fruit or vegetable at every meal
- > Eat a healthy breakfast and include fruit on your cereal
- > Wash and chop them ahead of time so they are ready



2

**Limit TV & other screen time to 2 hours a day**

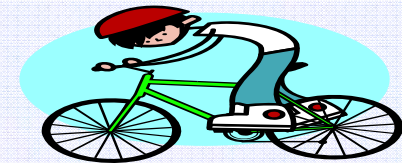
- > Keep the TV out of your bedroom
- > Turn off the TV and enjoy a family meal together
- > Plan what you want to watch



1

**Enjoy 1 hour or more of active play**

- > Play outside and have fun with your friends
- > Take a family walk after dinner



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**No regular soda and sugar-sweetened drinks**

- > Instead drink water and 2-4 servings of fat free milk
- > Read drink labels before you buy them

