

5-2-1-0 EVERY DAY!

Follow the 5-2-1-0 message to a healthier you!



- Aim to eat a wide variety of brightly colored fruits and vegetables.
- Fill half of your plate with fruits and/or vegetables.
- Frozen and canned are just as nutritious as fresh.
- Try new fruits and vegetables to discover what you like!



- Keep TV and computer out of the bedroom.
- No screen time under the age of 2.
- Turn off screens during meal time.
- Plan ahead for your screen time instead of just turning it on.



- Take a family walk.
- Turn on the music and dance.
- Use the stairs.
- Choose activities that you enjoy!



- Keep sugary drinks out of the grocery cart.
- Drink water when you are thirsty. It's the #1 thirst quencher!
- Keep a water bottle on hand and fill it up throughout the day.
- Put limits on 100% juice.

For more ideas visit www.letsgo.org