

Healthy & Fit Families



Help children develop healthy eating and activity habits for life with 5-2-1-0. Everyone in your family can follow these 4 simple tips.



5 OR MORE FRUITS AND VEGETABLES

Fruits and vegetables are an important part of a healthy diet and most kids don't get enough of them. Fill half of your child's plate with colorful fruits and vegetables and serve a fruit or vegetable with every snack.



2 HOURS OR LESS OF SCREEN TIME – TV, Video games & Computer

Too much time in front of a television or computer screen can be harmful to your child's health and development. Set limits on screen time – no more than two hours a day of watching TV, playing video games or being on the computer. Do things together as a family – go for a walk, read a book or play a game.



1 HOUR OR MORE OF PHYSICAL ACTIVITY

Young children need at least 1 hour of active play every day for a strong healthy body. Be an active role model and play with your child. Do fun activities together like toss a ball, dance in the living room, jump rope and play in the park.



0 SUGARY DRINKS

Most kids today get too many calories from sugary drinks like regular soda pop, fruit drinks, Kool-aid and sports drinks. The best drink choices are water and fat-free or low-fat (1%) milk. Sugary drinks should be saved for special treats, not an everyday choice.