

# 5+2+1+0

It all adds up to a healthier you!



## 5 servings of fruits and vegetables each day

Fruits and vegetables provide vitamins, minerals and fiber and are important for good health. They are filling, naturally low in fat and calories and taste great! It's easy to see that fruits and vegetables are a smart choice. Fruits and vegetables come in many shapes and colors. They taste great raw, grilled and in salads. Choose fruits and vegetables without added sugar, syrup, salt or cream sauces. Aiming for five servings of fruits and vegetables is a great place to start!

## No more than 2 hours of screen time each day

Screen time is any amount of leisure time you spend watching TV (including videos and DVDs), playing video games (including computer and handheld video games), or any other non-school-related time spent on the computer or text messaging. Have a good time with family and friends without the screen. Listen to music, read, play a game, or work on a hobby. Limiting screen time is a healthy choice for you and your family! Getting less than two hours of screen time each day is a good goal.

## 1 hour of physical activity each day

Making physical activity part of your day is important to keep your body healthy. Structured and lifestyle activity are two different types of physical activity. Structured physical activities are planned, such as going to sports practice, dance class or scheduled family walks. Lifestyle physical activity is activity that can be done throughout the day without planning. You do not have to take time out of your day to do lifestyle physical activity. Lifestyle activities include walking to school or work, taking the stairs, and doing chores around the house. Physical activity is good for kids and adults. Work together as family to be active everyday. Aim for at least one hour of physical activity each day.

## Zero sweetened drinks

Drinks that are sweetened with different types of sugar are called sweetened drinks. Sweeteners may go by different names so it is important to read the nutrition facts label carefully and look for these names: sugar, fruit juice concentrates, honey, high-fructose corn syrup, corn syrup, fructose, sucrose, and dextrose. Sweetened drinks provide your body with little nutrients. It is better to drink water, low-fat milk or soy milk. Work on limiting your sweetened drinks with your family and friends. Avoiding sweetened drinks is healthy for everyone.