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

5 or more fruits & vegetables:
• 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!

2 hours or less recreational screen time:
• 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.

1 hour or more physical activity:
• Take a family walk.
• Turn on the music and dance.
• Use the stairs.
• Choose activities that you enjoy!

0 sugary drinks, more water:
• 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