Every day:

**5**
Eat 5 or more servings of fruits and vegetables.
Go for a rainbow. Different colors = lots of vitamins and minerals.

**2**
Spend less than 2 hours on the computer or watching TV.
Less time in front of a screen = more time to be active and have fun.

**1**
Be active for at least 1 hour.
It doesn’t have to be all at once:
- 20 minutes walking to school
- 20 minutes shooting hoops
- 10 minutes raking leaves
- 10 minutes walking the dog
= 60 minutes of activity!

**Almost None**
Skip sugary drinks.
Most soda, juice drinks, and sports drinks have lots of sugar in them. Water and milk = healthy choices.

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