

EAT



FRUITS & VEGGIES



Use the “try a bite” rule. Sometimes it can take tasting a fruit or vegetable up to 7 times to realize you like it!



Make a rainbow on your plate.

CUT



SCREEN TIME



Keep TVs out of bedrooms and place them in a central or living room instead.



Turn off the TV during mealtimes.

PLAY



EVERY DAY



Go and play tag or frisbee. If you can't go outside, turn on some music and dance!



Take a walk after dinner.

DRINK



LESS SUGARY DRINKS



Carry a water bottle with you that you can refill.



Add flavor to your water with a lemon, lime, or orange slice.

Learn more at www.521almostnone.com and see how you can incorporate 5-2-1 Almost None healthy habits into your life and make the spaces you live, work, play, or pray healthier.

