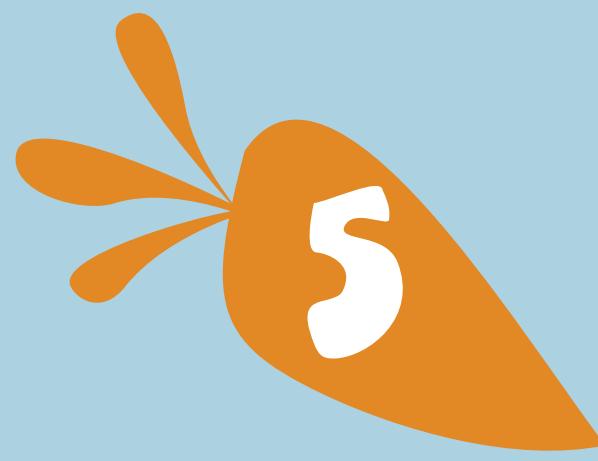


EAT



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



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



Take a walk after dinner.

EVERY DAY

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.



five two one
almost none