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.