



# 5 EAT

fruits and vegetables

Make a rainbow on your plate! Eat at least 5 servings of fruits and vegetables a day.

Sit down to eat 3 meals a day with family or friends. Turn off the TV when you do!

Try chopping vegetables up and adding them to chili, soup, and spaghetti.

Grow a garden.


Try eating veggies with hummus or low-fat ranch.



## DID YOU KNOW?

It can take up to 7 tries to like a new food, so don't give up if you don't like certain fruits and veggies right away. Try, try, try, try, try, try, and try again!

A serving is about 1/2 cup of chopped fruits or veggies for adults and about the size of a child's hand for kids.



# 2 CUT

screen time

Limit screen time to two hours or less a day. Spend less time watching TV, playing video games, and surfing the internet.



## DID YOU KNOW?

Youth see thousands of TV food advertisements primarily for high-calorie, nutrient-poor foods, which influence their eating habits.

Eat together as a family, away from the TV. Don't forget to put your phone away!

Keep TVs and computers out of kids' bedrooms.

Keep a chart of screen time.

Too much screen time, like watching TV or playing video games, is associated with unhealthy weight gain and sleep and behavioral problems in kids and adolescents.



# 1 PLAY

every day

Get moving for at least an hour a day. Activity that makes you sweat is good for your heart and mind.

Walk or ride a bike to work or school.

Physical activity is any body movement that works your muscles and requires more energy than resting, like walking, dancing or gardening.

Turn on your favorite song and dance!

Train as a family for a charity walk or run.

Play a game like tag, frisbee, or basketball and make exercise fun!



## DID YOU KNOW?

Short bursts of activity throughout the day still count! Keep track of your activity until it adds up to 60 minutes.