



FIVE OR MORE FRUITS & VEGETABLES EVERY DAY

Fresh, frozen, canned and dried fruits and vegetables all count.

THE ORIGINAL FAST FOOD.

Wash and chop fruits and veggies so they're ready to eat.



DIP IN.

Low-fat Ranch dressing with carrots, yogurt with fruit and peanut butter with apples and celery make great snacks.



PUT THEM IN SIGHT.

A bowl of fruit on the table is a great reminder to eat fruit.



SHOW THEM HOW IT'S DONE.

When parents eat fruits and veggies for snacks and meals, kids will too.



TWO OR LESS HOURS OF SCREEN TIME

Screen time includes TV, computers, cell phones and hand-held games. It's important to keep them all in check.

MORE SIT, LESS FIT.

The more screen time children engage in, the more likely they are to be overweight.

TURN OFF THE TV TO DEVELOP THE BRAIN.

TV and other interactive media can get in the way of exploring, playing and interacting with others.



BE CHOOSY.

Pick what shows you're going to watch ahead of time. Don't leave the TV on all day.

NOT FOR THE LITTLE ONES.

No screen time for children under two. No more than one hour for children 2-5 years old.



ONE HOUR OR MORE OF PHYSICAL ACTIVITY

Play every day, any way, to keep both body and brain fit.

BET YOU CAN STILL KICK THAT CAN.

Teach your children the games you played as a kid.

IN ANY WEATHER.

Hula hoops, sponge balls and bats, and space for play can keep your family active, rain or shine.



NO CHILD LEFT INSIDE.

Let children play outside so they can run, jump, skip and be in nature.

GIFTS THAT KEEP ON GIVING.

Give gifts that promote physical activity.



ZERO SUGARY DRINKS

Sweet drinks pour on the pounds. Water first.

KEEP THEM ON THE DOWN-LOW.

No other single food or beverage contributes to obesity like sweetened beverages do. This includes soda, sport drinks, pouches, ades and energy drinks.



KEEP IT HANDY. KEEP IT COLD.

Have a pitcher of water in the fridge. Bring reusable water bottles with you wherever you go. Serve water at every meal.



SET LIMITS ON JUICE.

Though juice contains natural sugar, it has a lot of calories and few nutrients. Dilute it with water. Choose whole fruit over juice.

OUT TO EAT.

Choose water at restaurants to save money and calories. If you do get a sweet drink, don't get a refill.

