

# EVERY DAY

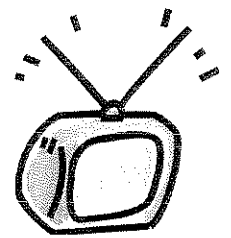
Eat fruits & vegetables at least **5** times

- Eat a fruit or vegetable at every meal.
- Eat a healthy breakfast & include fruit on your cereal.
- Wash & chop them ahead of time so they are ready to eat.



Limit TV & other screen time to **2** hours or less

- Keep the TV out of your bedroom.
- Turn off the TV and enjoy a family meal together.
- Plan what you want to watch.



Enjoy **1** hour or more of active play

- Play outside and have fun with your friends.
- Take a family walk after dinner.
- Walk while talking on your cell phone.



Restrict soda & sugar-sweetened drinks

- Instead, encourage water & 2-4 servings of fat free milk.
- Limit fruit juice to half cup or less.
- Read drink labels before you buy them.

