



Fruits and vegetables... more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% fruit juice.



Cut non-educational screen time to 2 hours or less a day (includes television, computer, and video games).



Participate in at least one hour of moderate to vigorous physical activity every day.



Restrict soda and sugar-sweetened sports and fruit drinks. Drink water and fat-free/skim or 1% milk instead.