

# 5-2-1-0



## **5 servings of fruits and vegetables**

People who eat plenty of fruits and vegetables at meals and snacks consume fewer higher calorie foods throughout the day.

Fruits and vegetables are packed with antioxidants which strengthen the immune system, improve energy levels and keep your skin looking young and healthy.

## **2 Limit Screen Time to Less than 2 Hours a Day**

Television, video game and phone time should be limited and more active behaviors encouraged

## **1 One Hour of Vigorous Physical Activity Daily**

Getting at least 1 hour of exercise each day helps children and teens to:

- achieve and maintain a healthy body weight,
- lower risk of developing Type 2 diabetes, and
- lower cholesterol and triglycerides.
- daily exercise also helps improve mood and academic performance.

## **0 Avoid sugar sweetened beverages**

Limit fruit juice to less than one small glass each day.

Water is the best drink to quench thirst.