

WHAT IS 5210 A WAY OF LIFE?

5



Enjoy! At least **5** vegetables and fruits every day.

- Eat at least one vegetable or fruit at every meal.
- Try a new vegetable or fruit. It can take many attempts before you enjoy a new taste.
- Try new ways to prepare vegetables and fruits to make them taste even better.
- Wash and cut vegetables and fruits ahead of time so they are always ready to grab and eat. Remember to place them where they will be seen.

Power down! No more than **2** hours of screen time per day.

No screen time under the age of two.

- Make screen time rules.
- Keep screens out of the bedroom.
- Turn off screens and enjoy meals with family or friends.
- Find ways to have fun without screens.

2



1



Move more! At least **1** hour of physical activity every day.

- Enjoy outdoor activities every season.
- Plan to be active every day.
- Find activities you enjoy.
- Be active with friends and family.

Drink more water! **0** sugar added beverages.

- Make water your first choice! Add slices of vegetables or fruits for more flavor.
- Enjoy plain milk and soy beverages as they can be part of a healthy diet.
- Read the ingredient list to know if sugar has been added.
- Avoid sugar added beverages such as pop, fruit punch, energy drinks and sports drinks. Even limit 100% pure fruit juice.

0

