



# Healthier Kids, Together

## Promoting activity and healthy eating



**5**  
or more fruits  
and vegetables

- Fruits and vegetables give you energy and important vitamins that help you grow strong and stay healthy.
- Eating fruits and vegetables with every meal is a great goal.
- Fruits and vegetables make fun snacks. You can dip apples in peanut butter or freeze grapes and blueberries for a treat on hot days.



**2**  
hours or less  
of recreational  
screen time

- Staring at a screen for two or more hours a day can lead to many health problems.
- Limiting screen time to two hours a day will give you more energy, and help you feel better and sleep better.
- If you watch videos or play games on electronic devices, make sure you're challenging your mind to learn something new.



**1**  
hour or more of  
physical activity

- Making sure you get daily physical activity will help you keep fit and give you energy.
- Physical activity and play for at least one hour every day is a great goal.
- It's easy to stay active inside and out. Hide-and-seek, planting a garden and dance parties are great ways to have fun.



**0**  
sugar-sweetened  
drinks

- There is a lot of sugar in soda, sports drinks and even in fruit juice.
- If you feel thirsty it is best to drink water and low-fat milk to keep your body hydrated.
- You can make your water more fun by adding a little fruit – orange slices and pineapple chunks can be a delicious choice.



**9**  
hours or more  
of sleep

- Set a sleep schedule. Go to bed and get up at the same time each day.
- Create a bedtime routine. Take a warm bath or shower, read, and/or listen to quiet, soothing music.
- Avoid having electronic devices in the bedroom at bedtime.