

# 5-2-1-0

## The Smart and Healthy Way to Go!

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### Eat 5 servings a day of fruits and vegetables

**Smart Ideas:** choose fresh fruit instead of juice  
try a new fruit or vegetable each week  
choose a fruit or vegetable for a snack  
try a new recipe using fruits or vegetables

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### Spend less than 2 hours a day in front of a screen

**Smart Ideas:** keep TVs, video games and computers out of the bedroom  
plan your TV time (and stick to it)  
don't eat in front of the TV  
reach for a good book

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### Spend at least 1 hour every day doing something active

**Smart Ideas:** involve the family – take a walk, go to the park, walk the dog  
try wearing a pedometer and walking 10,000 steps a day  
ride a bike or take a hike  
try a new sport

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### Limit sweetened drinks (to near 0 a day)

**Smart Ideas:** drink more water  
don't forget about low-fat milk  
did you know that sports drinks and energy drinks are loaded with sugar?

