5-2-1-0
The Smart and Healthy Way to Go!

5
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

2
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

1
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

0
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?