

5210 for Weight Management

5 servings of fruits and vegetables per day

- Aim for 1 servings with each meal and 2 snacks per day containing fruits and vegetables.
- Consider frozen when fresh isn't an option

2 hours (or less) per day of screen time (TV, recreational computer time, video games)

1 hour or more of physical activity per day

- This can be broken up into 15 or 30 minute intervals
- Find something that you ENJOY doing where you MOVE your body

0 ZERO sugar sweetened beverages.

- No chocolate in milk, juice or soda. All of these contain a TON of sugar.
- Try flavored waters, crystal light, selzer, or water with lemon or frozen berries for flavor.

Additional ways to create a healthier home environment:

- Remember that children cannot eat what is NOT in the house. When grocery shopping, limit processed, high calorie foods. Stock up on fresh and frozen produce.
- Healthy eating is a FAMILY goal, all family members should be involved and no one should be singled out.
- Turn off the TV at dinner time
- Sit with the family at meal time
- Remove TV from kids' bedrooms

Helpful Websites:

www.letsgo.org

www.letsmove.go

www.healthychildren.org