

## **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: Less than 2 hours per day of screen time (TV, recreational computer time, video games)**

### **1: 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, 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](http://www.letsgo.org)

[\*\*www.letsmove.gov\*\*](http://www.letsmove.gov)

[www.healthychildren.org](http://www.healthychildren.org)