



## What can you do?

- 5** Fruits and vegetables...more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% fruit juice.
- 2** Cut screen time to 2 hours or less a day.
- 1** Participate in at least one hour of moderate to vigorous physical activity every day.
- 0** Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings/day of fat-free/skim or 1% milk.