



Eat **5** servings of fruits and vegetables each day



- Top cereal with fruit
- Eat a fruit or veggie with each meal
- Try a new vegetable each week
- Offer fresh or dried fruit for snacks
- 1 serving is 1 cup fresh or frozen, or ½ cup cooked or canned



Reduce screen time to **2** hours or less

- Plan TV and video game time
- Move the TV out of the bedroom
- Choose another activity instead of screen time
- Turn off the TV during meals
- Switch to physical activity for 1 hour of screen time each day



Move **1** hour a day

- Start slowly, 10-15 minutes a day and gradually increase until you are active 1 hour a day
- Get outside, be active as a family
- Encourage your friends to move with you
- Join a team or try a class at a community center or gym

**0** Limit and eliminate sweetened drinks

- Try to drink water or milk with meals
- Grab a water bottle and fill it up
- Limit fruit juice and sugary sports drinks
- Read drink labels before buying and reach for low sugar options



### Make Your Own Trail Mix!

2 cups whole grain or rice cereal

½ cup dried nuts (peanuts, walnuts, pistachios, almonds etc.)

½ cup dried fruit (dried cranberries, dried berries, chopped dried apricots, raisins)

1/3 cup chocolate candy (m and m's, chocolate covered pomegranates or blueberries)

Directions: Combine the above ingredients together, portion into snack bags (1/2 cup per baggie) or place in a large container.

