



5-2-1-0

PROVEN FOR KIDS, RECOMMENDED FOR ADULTS

5 Offer fruits and vegetables **five times** on most days.

The fiber, vitamins, and minerals in fruits and vegetables are important for your child's growth, development, and immune system.

- Eat fruits and vegetables yourself.
- Make fruits and vegetables available at every meal.
- Try, try, and try again. It takes up to 20 exposures to a new food before children decide they like or don't like it.
- Be patient and persistent. Pressure usually backfires.

2 Limit TV and computer time (not related to school) to **two hours** or less a day.

The American Academy of Pediatrics recommends:

- 2 hours or less of screen time a day (includes television, computer, laptop, tablet, smartphones, and hand-held gaming devices).
- Keep TV sets, computers, tablets, etc., out of bedrooms.

1 Get **one hour** or more of physical activity every day.

Move around! Walk the dog, ride bikes, take the stairs, visit a playground, and do other activities you and your family enjoys.

0 Limit sugar-sweetened drinks.

Drink more water and avoid sugar-sweetened drinks.

Eat well, together

Sharing mealtime responsibility

You decide what to serve, and when and where to eat:

- Tune in to each other. Eat meals and snacks seated together as a family. Keep the TV off.
- Set up a regular snack and meal schedule: 3 meals and 2-3 snacks per day. Offer only water in between meal and snack times.
- Offer a mix of foods at meals and snacks. Include new foods with familiar ones.
- Keep trying! Children may need up to 20 exposures to a new food before they decide whether or not they like it.

Kids decide whether and how much to eat:

- Avoid comments like “clean your plate” or “one more bite.” This allows children to tune into their own hunger and fullness signals.
- Try to be a role model by letting your children see you eating the foods that you want them to eat.
- Include “sometimes foods,” like chips, fries, soda, and desserts. Offer dessert with the meal or have cookies and milk for a snack occasionally. Let your child decide *whether* and *how much* to eat of these foods. This allows your child to learn moderation and to be relaxed about all types of foods.