Get on the Case!
Use your Amazing Food Detective skills to follow these healthy tips:

- **Eat a healthy breakfast**
- **Choose** drinks that are not sweetened with sugar*
- Be **physically active** for at least an hour every day
- Eat at least five servings of **fruits and veggies** each day

- **Limit screen time** to one to two hours per day (including homework)
- Eat **well-balanced, nutritional meals** with your family
- **Involve your family** in physical activities
- **Pay attention to** your food and activity **choices**

Turn these tips into healthy habits, and soon you’ll be an ace detective!

Follow the trail of the Amazing Food Detective and help her solve cases using the Incredible Adventures of the Amazing Food Detective CD-ROM!

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