

# 5-2-1-Almost None

## Staying Healthy, by the Numbers



Every day:

**Eat 5 or more servings of fruits and vegetables.**

Go for a rainbow. Different colors = lots of vitamins and minerals.



**Spend less than 2 hours on the computer or watching TV.**

Less time in front of a screen = more time to be active and have fun.



**Be active for at least 1 hour.**

It doesn't have to be all at once:



**Skip sugary drinks.**

Most soda, juice drinks, and sports drinks have lots of sugar in them. Water and milk = healthy choices.



**almost none**