

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