

Habits of Healthy Kids

- 1. Spend at least 1 hour each day being active.**
- 2. Limit use of TV and video games to no more than 1 hour each day.**
- 3. Eat smaller amounts. Supersizing is not always better!**
- 4. Drink water instead of soft drinks.**
- 5. Eat 5 servings of fruits and vegetables each day.**
- 6. Eat less fast foods (no more than once a week)**
- 7. Snack on healthy foods and eat less junk food and sweets.**
- 8. Drink or eat 3 low-fat dairy foods each day.**