

# Make



# Your Goal EVERY DAY!



**Fruits & vegetables** – more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% juice.



**Cut screen time** to 2 hours or less a day (TV, computers & video games). No screen time for kids under 2.



**Be physically active** at least 1 hour every day.



**No soda** or sugar-sweetened sports or fruit drinks. Instead, drink more water and non-fat or 1% milk.