

Are you a 5-2-1 Almost None Family?

The infographic is divided into four horizontal sections. The top section is orange and features a carrot icon with the number 5 inside. The second section is blue and features a computer monitor icon with the number 2 inside. The third section is red and features a sneaker icon with the number 1 inside. The bottom section is green and features a bottle icon with the words 'almost none' written vertically on it.

EAT
FRUITS & VEGGIES
Eat at least 5 fruits & veggies every day

CUT
SCREEN TIME
Keep screen time to 2 hours or less

PLAY
EVERY DAY
Play for at least 1 hour every day

DRINK
LESS SUGARY DRINKS
Drink as few sugared drinks as possible

Did You Know?

- Sugar actually zaps energy
- Water is the best way to re-fuel your body
- Fresh fruit has a little bit of carbohydrates for energy and lots of water for hydration
- Being active keeps you healthy and ready to learn



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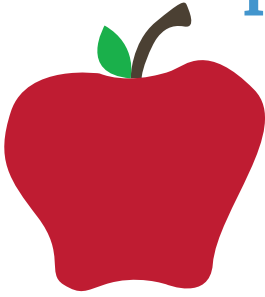
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**Healthy
Snacks
are
Good
Snacks**

Snacks Anytime

Bananas

cut in half for younger kids so they can peel and eat more quickly

Orange slices

Clementines

Small slices or chunks of melon

Apple wedges or mini apples

sprinkle slices with orange juice

Strawberries

Raisins

String Cheese

Water

Kids burn fewer calories than we think. The average 8 year old burns only 150 calories in an hour of sports—but the typical after-game snack has 300- 500.*

*According to a recent study from the University of Minnesota School of Public Health

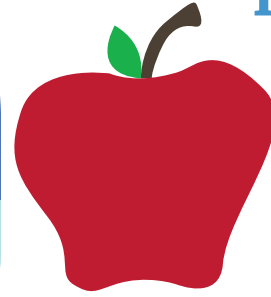


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