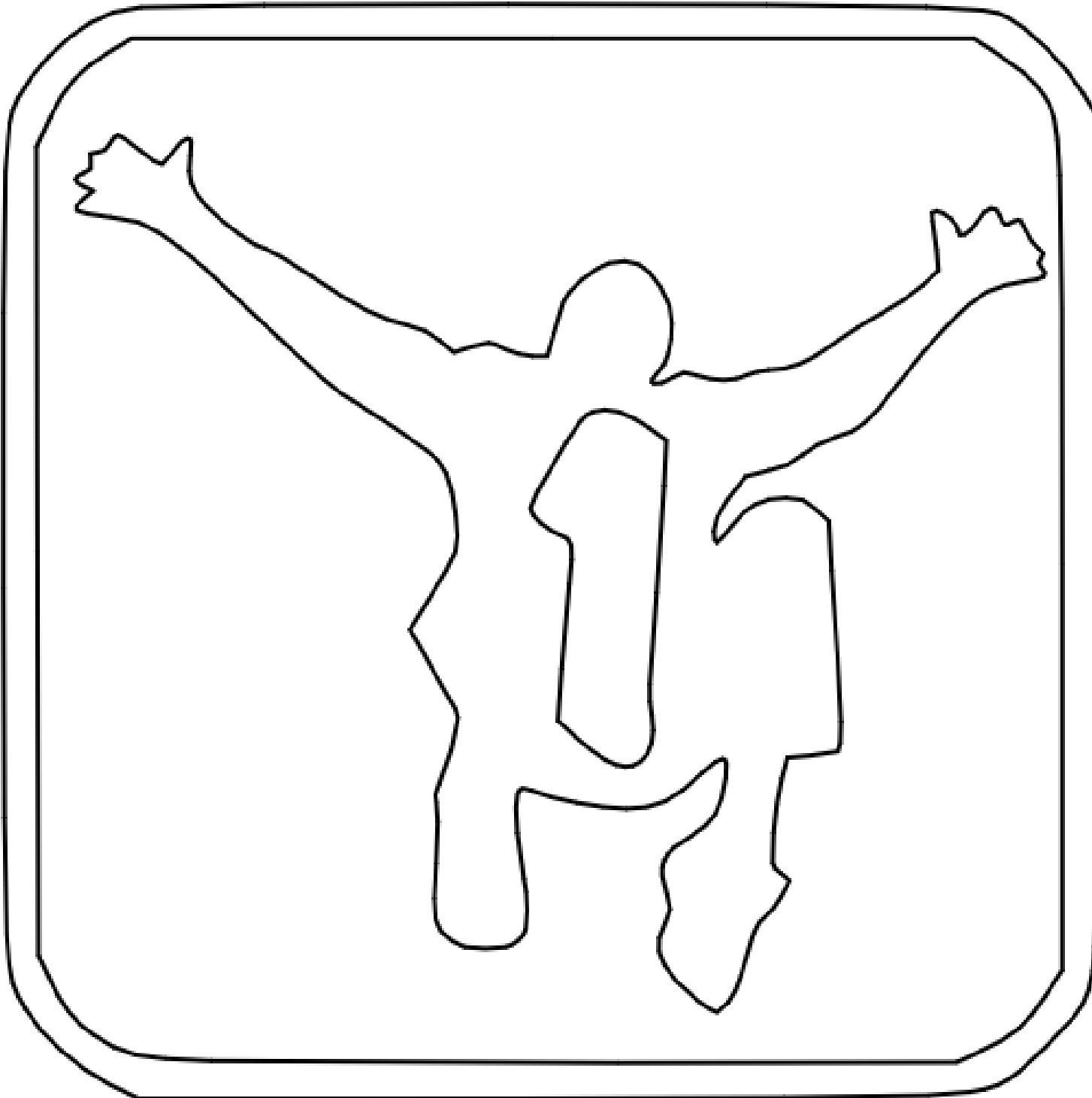


**Fruits and
vegetables...
more matters!
Eat fruits and
vegetables at
least 5 times a
day. Limit 100%
fruit juice.**



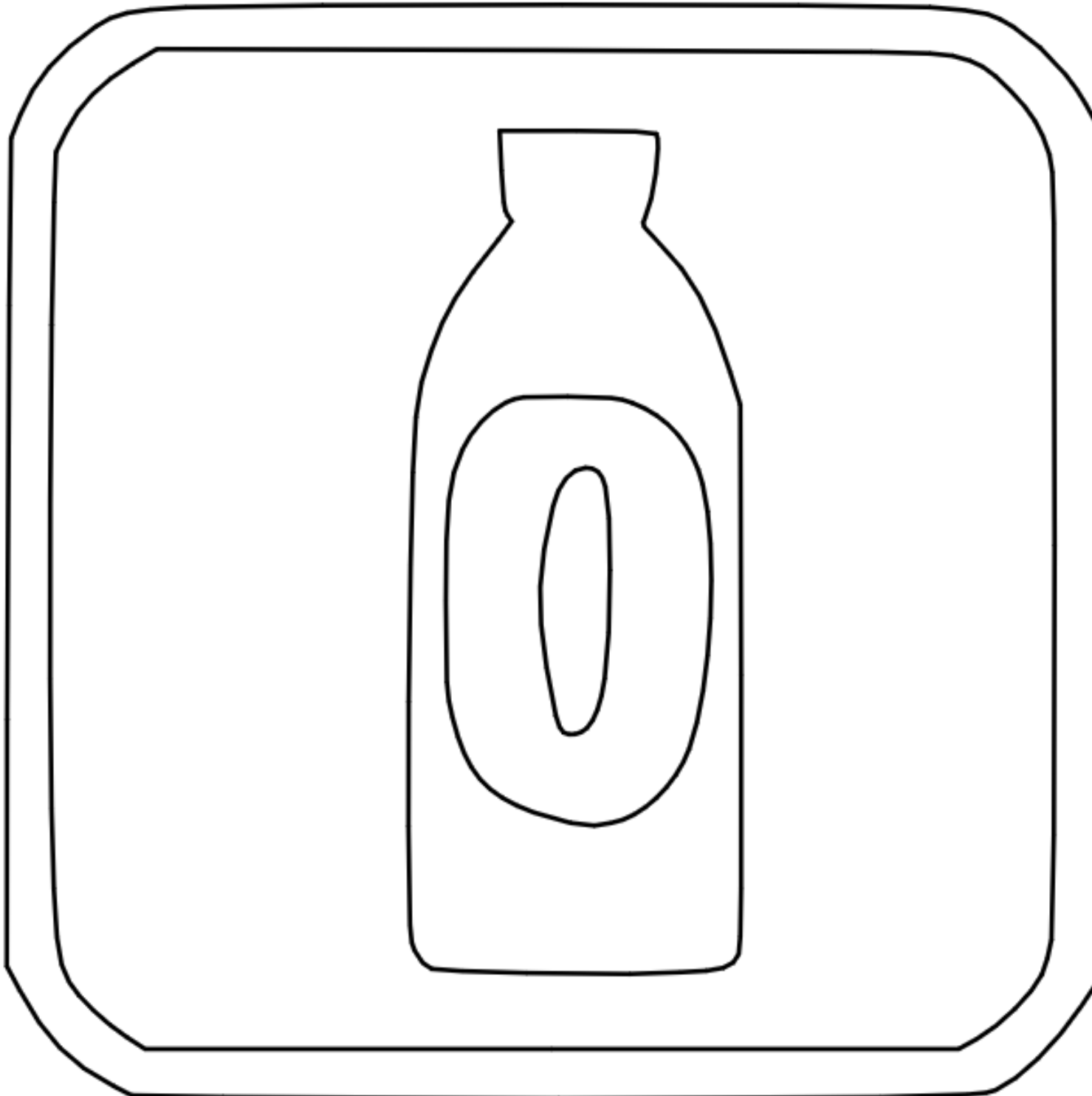
2

**Cut screen time to
2 hours or less
a day.**



Participate in at least one hour of moderate to vigorous physical activity every day.





Restrict soda and sugar-sweetened sports and fruit drinks. Drink water and fat-free/skim or 1% milk instead.