5-3-2-1-Nearly None
“Living Healthy - it’s not a diet, it’s a lifestyle!”

5 or more servings of fruits & vegetables a day
(A serving is ½ to 1 cup each or about one of your fists)

3 planned meals a day —
- eat breakfast
- less fast food
- more meals prepared at home and eaten as a family
- less inflated portions (no Super-size!)

2 hours or less of screen time a day
(TV, video games, texting, recreational computer use)

1 hour or more of active play every day

0 sugar-sweetened drinks (or nearly none)