



Limit TV time to no more
than 1 hour per day



Remove TV from the room
where child sleeps



Include 1 hour of
active play every day

High Five Kids

**Healthy
Growth**



Limit fast food to
no more than
one time per week



Limit sugary drinks to
no more than
4 ounces per day



Eat at least
5 servings of fruits
and vegetables every day