Offer only water between meals to satisfy thirst and low fat milk with meals.

Make sure everyone in your family has a travel water bottle. Keep it filled and use it.

Avoid all types of sugary drinks. Eat whole fruit instead.

Adapted with permission from:
5210 Let's Go! Maine

5210 Every Day!

5 Five fruits and vegetables per day

2 Two hours or less of TV per day

1 One hour or more of physical activity

0 Drink fewer sweetened drinks. Try water and low fat milk
If the weather isn't nice, turn on the music and dance!

Pack a healthy lunch with fruits and vegetables for you and your family.

Choose fruits and vegetables as snacks and avoid fast food.

Eat together as a family and make it fun!

Leave the TV off after dinner. Take a walk, ride a bike, read a book or play a family game instead.

Limit your family's time watching TV, playing video games and on the computer.

Take the TV out of everyone's bedroom, including your own. Be a role model.

Schedule time after school for your child to play.

Do physical activities together as a family, like a walk.

If the weather isn't nice, turn on the music and dance!