

# Tips for Healthy Kids

Follow these tips EVERY DAY to help keep your family healthy:

- ☞ **Eat a healthy breakfast.**
- ☞ **Enjoy meals cooked at home** instead of eating out or on the run.
- ☞ **Eat at least 5 servings of fruits and vegetables** (fresh, canned, frozen, or dried).
- ☞ **Avoid sugar-sweetened drinks** like soda, tea, fruit, or sports drinks. Even 100% fruit juice should be limited to one serving per day according to age. Enjoy water instead!
- ☞ **Drink milk** to help build strong bones. Choose skim or 1% milk (ages 3 and up).
- ☞ **Limit screen time** to less than 2 hours per day. This includes time spent watching TV, playing video games, or on the computer. Children age 2 and under should avoid screen time altogether. Take the TV and computer out of the bedroom to encourage more active play!
- ☞ **Be active** for at least 1 hour.

Visit [www.cdphp.com/healthykids](http://www.cdphp.com/healthykids) to learn more about eating healthy and being active.

Source: Barlow, S. E. and the Expert Committee. (2007).  
Expert Committee Recommendations Regarding the Prevention,  
Assessment, and Treatment of Child and Adolescent Overweight and  
Obesity: Summary Report. *Pediatrics*, 120, S164-S192.



**A plan for life.**

