



## **What is 5-2-1-0?**

This simple message is easy to remember. It is a great way for you and your family to eat healthy and be active. Here's what it means:

- 5**– Eat 5 or more fruits and vegetables every day.
- 2**– Cut TV and computer screen time to 2 hours or less every day.
- 1**– Participate in at least 1 hour of moderate physical activity every day or 20 minutes of vigorous activity at least 3 times a week.
- 0**– For almost 0 sugar-sweetened drinks every day, restrict soda pop, sports drinks, and fruit drinks. Instead, drink water and 3-4 servings a day of skim or 1% milk.

## **Why 5-2-1-0?**

### **5 – Eat fruits and vegetables at least five or more times on most days.**

The vitamins and minerals in fruits and vegetables helps kids grow. They also help fight off illness. Eating fruits and vegetables may prevent weight gain. They fill up a stomach with low-calorie, healthy foods.

### **2 – Limit screen time (unrelated to school) to two hours or less everyday**

Many kids sit and watch TV and snack for hours every day. As a result, they reach an unhealthy weight and have trouble keeping up with their friends in active play. Too much TV has been linked with low reading scores and attention problems. Kids under two years of age should not watch TV.

### **1 – Get one hour or more of moderate to vigorous physical activity everyday**

Active play is fun and great for your child's health. Active kids will likely become active adults. What you teach them early will become part of how they live as an adult.

### **0 – Drink less sugar. Try water and low-fat or fat-free milk instead of sugar-sweetened drinks and whole milk**

Soda, sports drinks, chocolate milk, and juice have a lot of sugar, which adds empty calories. Sugary drinks also lead to tooth decay and end up replacing milk in children's diets. Low-fat milk is best for kids. They don't need the extra fat and calories in whole milk

**5-2-1-0** was developed by the American Medical Association, the Centers for Disease Control and Prevention, and the Maternal and Child Health Bureau to address America's health crisis of overweight and obese children and families.