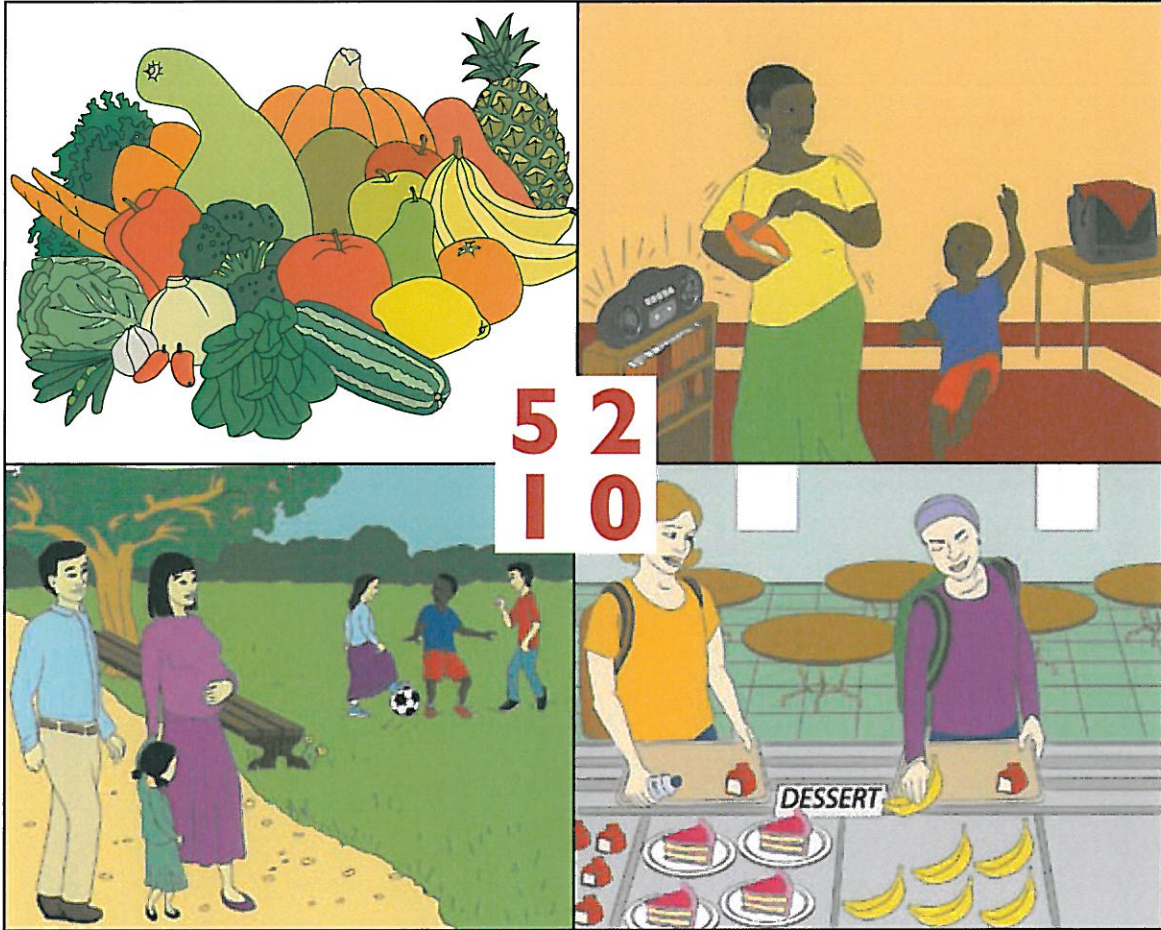


MAINTAINING A HEALTHY WEIGHT FOR CHILDREN

REMEMBER 5-2-1-0



- 5** Try to feed your children 5 servings of fruits or vegetables on most days.
- 2** Limit the amount of time your children spend watching TV, playing video games and using the computer to less than 2 hours a day.
- 1** Encourage your children to get at least 1 hour of physical activity a day.
- 0** Limit the amount of high fat and sugar foods and drinks your children eat such as french fries, cookies, and soda.

Encourage your children to eat a healthy breakfast. A good meal in the morning will help your child do well in school.