

## Healthy Eating as Easy as 5,2,1,0!

### **5** Eat at least 5 fruits and vegetables a day.

Serve a fruit and veggie with every meal and snack. Go for the rainbow of fruits and vegetables in order to get different vitamins and minerals. Give your kids an “appetizer” of steamed broccoli and cheese or whatever veggie you are cooking before the meal. Carry fruits and vegetables with you as snacks. Frozen fruits with no sugar added or plain frozen vegetables are a great option.

Use the MyPlate style of eating with half your plate fruits and vegetables and the other half a lean protein and healthy carbohydrate like sweet potato, brown rice, or quinoa.

### **2** Keep screen time (like TV, video games, computer) down to 2 hours or less per day.

Avoid screens during dinner and in the bedroom. Shut the screens off 1 hour before bed for an improved night’s sleep. Dock all phones and electronics in a central location outside of all bedrooms. For babies under 2 years old avoid all screens as much as possible.

### **1** Get 1 hour or more of physical activity every day.

You don’t have to play sports to get exercise. Walk your dog, take a hike, ride a bike or scooter (with a helmet please), dance, or roll in the grass! Check out our “Get Out and Play” handout for where to go in Phoenix to play sports, do swimming lessons, dance, and more.

### **0** Drink 0 sugar-sweetened drinks. Replace soda pop, sports drinks, and even 100% fruit juice with whole milk or water

If your baby or child never taste juice, they will never ask for it. Try to avoid introducing them to juice, Gatorade, Powerade, Capri Sun, Kool-Aid, etc. Even 100% juice has very little nutritional value and has been linked directly to diabetes. The exception is if your doctor recommends juice to help with constipation.

Water too boring?? Try “juice” cubes—fill an ice cube tray with 100% fruit juice and put the cubes in their water. Try sliced fruit or cucumbers in their water.

**Remember, Small Steps can lead to Big Improvement!!**

Adapted from American Academy of Pediatrics “Healthy Active Living for Families 5,2,1,0!”

By Dr. Karen Prentice