5 Ways to Build Healthy Habits

Set the stage for a lifetime of health!





Follow the 5-2-1-0 rule
Aim for 5 servings of fruits and vegetables, under 2 hours of screen time, 1 hour of movement, and 0 sugary drinks daily.

Try to eat from all **5 food groups**Fruits, grains, proteins, vegetables, and dairy.

Count the colors on your dinner plate
Try for at least 3 colors of the rainbow (including green)!

Invite children to join the "2-bite club" by taking 2 bites of a new food. It often takes many tries before children will like a new food.

Choose one food to focus on

Talk about where it came from and how it got to your plates.
Chew slowly and notice the taste.

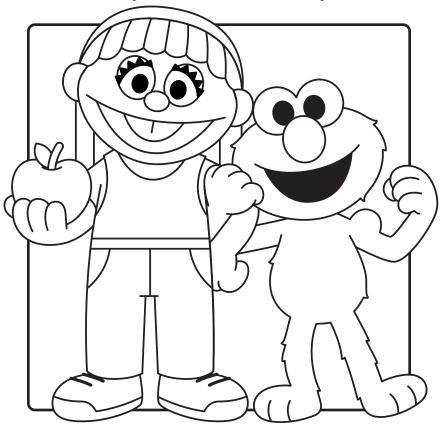


For more resources, visit
SesameStreetInCommunities.org/eating

It's strong to reach out for help getting healthy food.

- □ For ages 5 or younger: www.fns.usda.gov/wic
- □ SNAP (for children older than 5): call 1800 221 5689 or visit www.benefits.gov/benefit/361

Our bodies are amazing, and they deserve healthy food!



Funded by the Walmart Foundation.