5 2 1 0 Healthy NH

What can you do?

5 Fruits and vegetables…more matters! Eat at least 5 servings a day. Limit 100% fruit juice.

2 Cut screen time to 2 hours or less a day.

1 Participate in at least one hour of moderate to vigorous physical activity every day.

0 Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings/day of fat-free/skim or 1% milk.

Adapted from the Maine Center for Public Health Keep ME Healthy Project.