



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 (includes television, computer,
and video games).
- 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.



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