

8 Habits of Healthy Kids

- 1.** Spend at least 1 hour a day being physically active.
- 2.** Limit use of TV and video games to no more than 1 hour a day.
- 3.** Eat smaller amounts. Bigger is not always better!
- 4.** Drink water instead of soda.
- 5.** Eat a total of 5 or more servings of fruits and vegetables a day.
- 6.** Eat less fast food (no more than once a week).
- 7.** Snack on healthy foods and eat less junk food and sweets.
- 8.** Switch to low-fat (1% or less) dairy products.



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