



Rete an mouvman

Fè plis mouvman. Chita mwens.
Fè tan ou pase ak fanmi an yon tan ki aktif.

For more information, go to nyc.gov and search for "growing healthy children"



Chwazi dlo

Dlo tiyo bon pou ou, li pa gen kalori e li gratis.

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Kwit manje & manje ansanm

Lè lè manje a rive, fè tout fanmi an manje
menm lè pou nou sa pase tan ansanm.

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Manje fwi & legim ki gen koulè

Fwi ak legim ki fre, ki konjle oswa ki nan bwat konsè, yo tout yo reprezante aliman ki sen.

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Koute tibebe w la

Tibebe yo konnen lè yo grangou ak lè vant yo plen.

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Amimize

w san ekran

Kenbe lespri ak kò jenn yo aktif. Diminye tan nou pase devan televizyon, konpitè, nan telefòn ak nan jwèt videyo.

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Pran kolasyon ke w byen chwazi

Chwazi kolasyon tankou fwi, legim, fwomaj ki pa gen anpil grès ak bonbon sèl abaz ble antye.

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Evite bwè bwason ki gen sik ladan yo

Olye w bwè yo, bwè dlo tiyo, lèt ki pa gen anpil grès oswa soda.

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