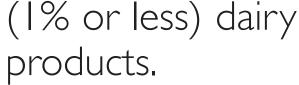
8 Habits of Healthy Kids

- Spend at least I hour a day being physically active.
- **2.** Limit use of TV and video games to no more than I 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





"The 8 Habits of Healthy Kids" adapted and printed with permission from the Strang Cancer Prevention Center's "Healthy Children Healthy Futures" program.

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