



Let's Be Healthy Together!

Following 5-2-1-0 is a fun, easy way to boost your family's healthy habits. Join the 5-2-1-0 League and pledge to get healthy together!

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Eat at least 5 servings of fruits and veggies daily!

Growing strong starts with eating the right foods. For your child, a serving of fruit and veggies is about the size of the palm of their hand.

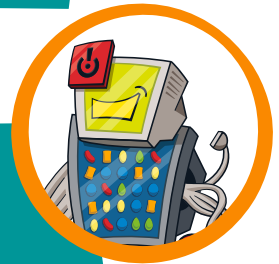
- Add veggies to foods you already make, like pasta, soups, pizza and rice.
- Add fruit to your cereal, pancakes or other breakfast foods.
- Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.



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Limit screen time not linked to schoolwork or learning to less than 2 hours a day.

Once your child's homework is done, get them to be active or read a book! Limit the time they spend playing video games or watching TV. You'll be helping make healthy habits that will last a lifetime.



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Be active for at least 1 hour per day.

Being active helps you feel better, makes you stronger and helps your heart work better. Best of all, you can be active as a family.

Ways to be active:

- Playing sports
- Taking the stairs
- Dancing
- Walking around the block

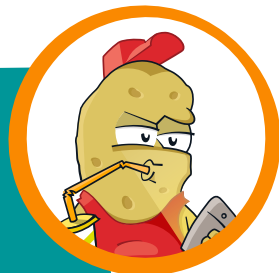


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Stay away from sweet drinks – go for water or low-fat milk!

Water quenches thirst better than any other drink. Water puts back the things we need to grow strong that we lose during play.

Lead the way as a parent. Put down soda or sports drinks. Pick up a glass of water or milk!



Get lots more 5-2-1-0 tips and tools:
CarolinasHealthCare.org/HealthyTogether



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-821-1535.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-800-821-1535。

This information is intended as general wellness guidelines for most children ages 2 and up. If you have any questions, or need specific recommendations for your child, talk to your child's pediatrician.