



HEALTHY HABITS, EVERY DAY!

It's important to practice healthy habits, but that can sometimes feel challenging. The **5-2-1-0** recommendations are 4 simple steps to help build healthy habits in children.

5 servings of fruits and veggies

Fruits and vegetables are packed with nutrients your child needs to grow healthy.

- Offer a fruit or vegetable at every meal and for snacks.
- Serve fruits and vegetables steamed, baked, stir-fried, or raw.
- Remember that fresh, canned, and frozen all count!

2 hours or less of screen time

Too much screentime can lead to headaches, sleep issues, tantrums, and can limit development of language and emotional skills.

- Keep the TV and computers in the living room and out of your child's bedroom.
- Put away devices and turn off the TV during mealtimes.
- Encourage everyone in the family to decrease screen time.

1 hour of physical activity

Physical activity is good for physical development and mental health.

- Help your child to find physical activities that they enjoy.
- Be active as a family! Go for walks, hikes, or bike rides together.
- When appropriate, have your children walk or bike to school. Better yet, walk or ride with them.

0 sugary drinks

Sugary drinks such as sodas, sweetened tea, sports drinks, and fruit-flavored drinks have little nutritional value.

- Serve water! Pack a water bottle and make sure water is always accessible.
- Make water more exciting by adding slices of lemon, berries, cucumber, or watermelon.
- Offer whole fruits instead of juice.

For more information or healthy living resources, visit gethealthyclarkcounty.org

www.gethealthyclarkcounty.org
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