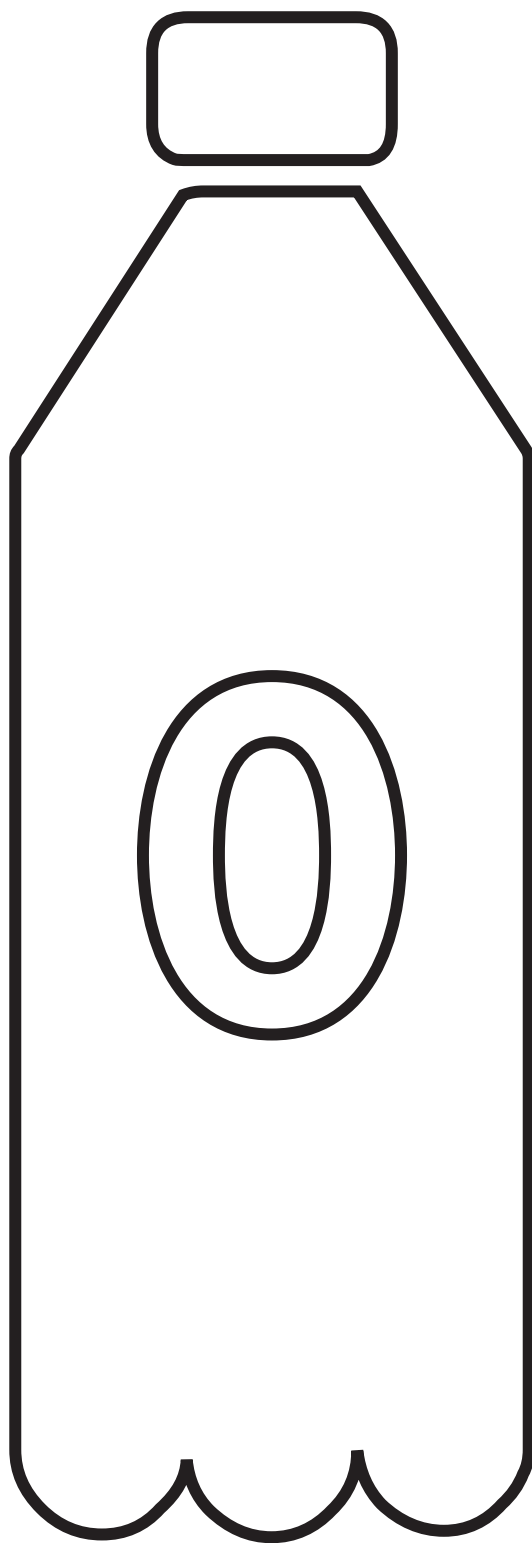


Z E R O



SUGARY DRINKS

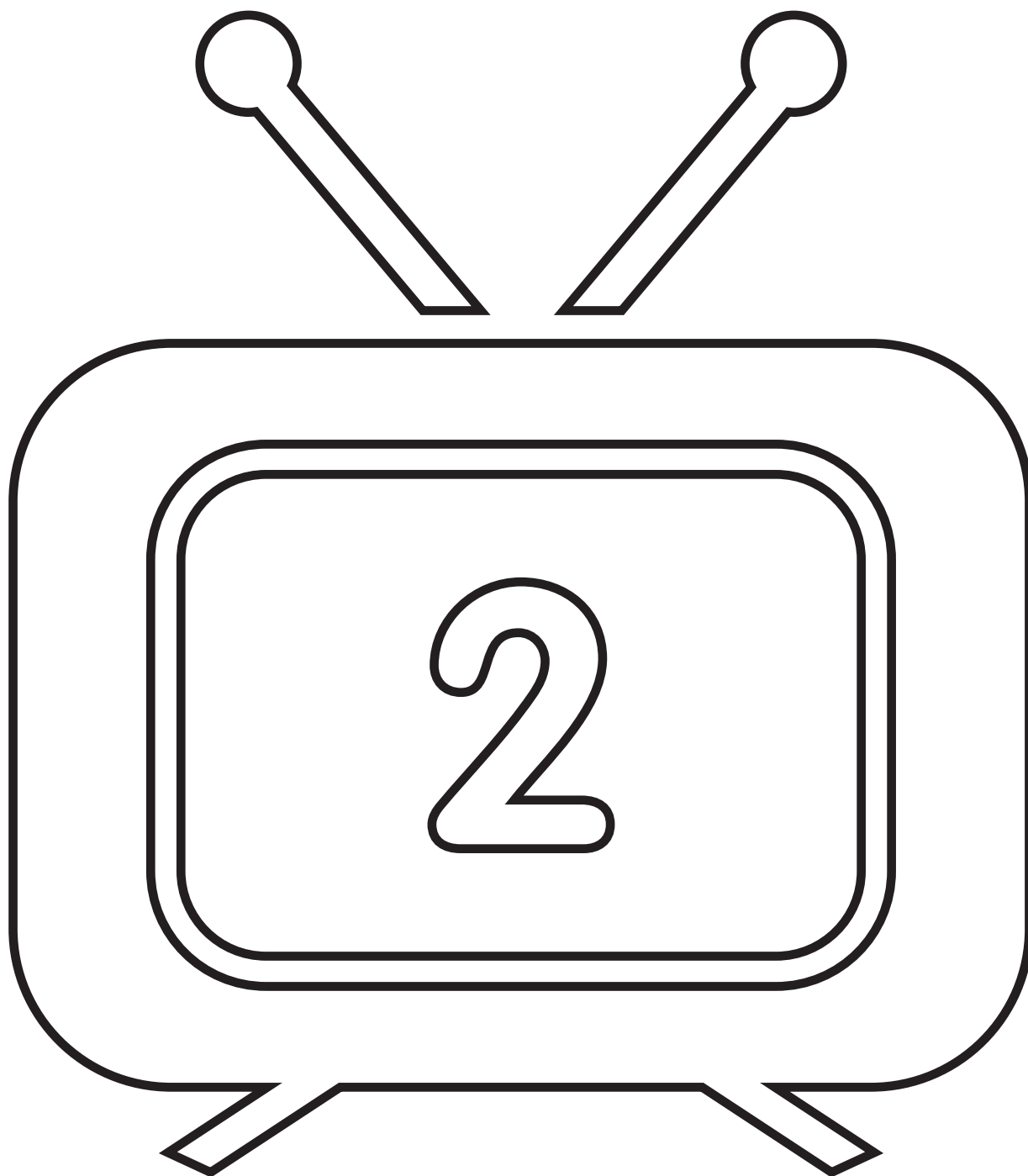
**Sweet drinks pour on the pounds. Water first.**



HOUR OR MORE  
OF PHYSICAL ACTIVITY

Play every day, any way, to keep both body and brain fit.

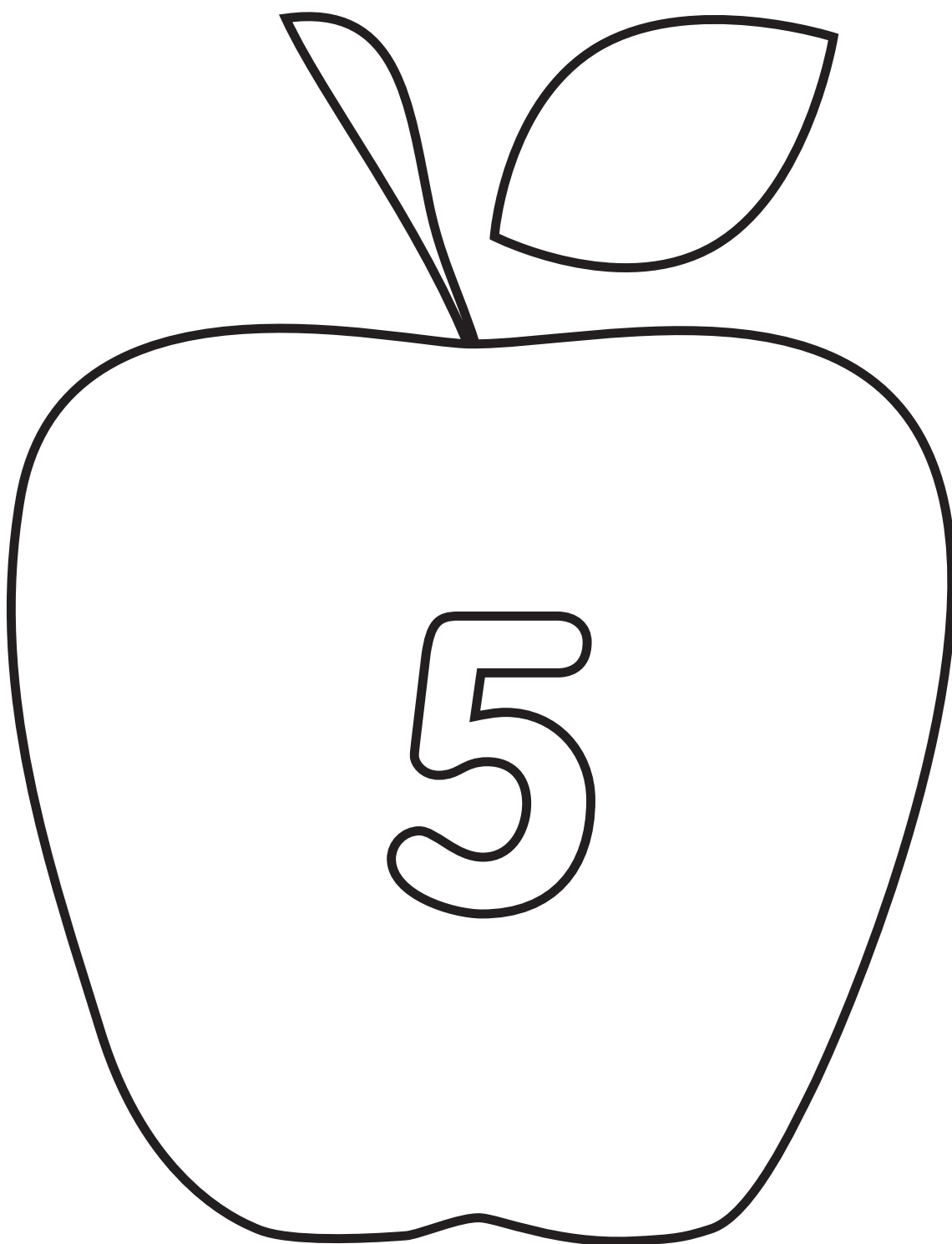
T W O



HOURS OR LESS  
OF SCREEN TIME

**Set limits. No TV in the bedroom. Turn off TV at mealtimes.  
Use a timer to limit computer games.**

F I V E



OR MORE FRUITS &  
VEGETABLES EVERY DAY

**Fresh, frozen, canned and dried fruits and vegetables all count.**