



## BETTER CHOICES COUNT!

5-2-1-0 IS THE WAY TO GO.

### WHAT'S 5-2-1-0?

Busy schedules can make it tough to live healthy. But it's all about making good choices. 5-2-1-0 is designed to be easy to remember and, most of all, easy to follow.

5-2-1-0 means 5 or more fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity, and 0 sugar-added drinks – every day.



## 0 SUGAR-ADDED DRINKS

Eliminate all sugar-laden drinks and you'll enjoy more energy, stronger bones, less tooth decay and a healthier weight. That means limiting your intake of sugary soda pop, sports drinks and even fruit drinks with artificial ingredients. Be kind to your body – drink water and low-fat milk.

### BUT, HOW? GLAD YOU ASKED.

- Drink water when you're thirsty. It's the healthiest choice.
- Help children adjust by reducing portion sizes of sweet drinks.
- Make a family pledge to take a vacation – a week or even a month – from sugary drinks. Short-term breaks like this help wean the family from sugar-added drinks.
- Sometimes water can get boring, so zest it up! Try adding wedges of fresh lemon – or better yet, lime, orange or fruits like strawberries, raspberries and blackberries. Enjoy the infusion of natural fruit flavors, and don't be afraid to experiment with other fruits and vegetables.
- Try mint leaves to add a kick to a glass of water.
- Keep a jug of cold water in the fridge at all times.
- Fill water bottles from home and carry them in the car and to work or school.
- Low-fat milk is great for cereal or with dinner, but have you tried mixing it in a blender with strawberries and a banana for cold fruit smoothies?
- Being healthy isn't about giving up the things we enjoy; it's learning how to enjoy them in moderation.
- If your kids want a sugary snack, couple a glass of water with a bowl of fresh-cut fruit.



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Learn the little steps that can lead to big changes, with 5-2-1-0. Visit [henryfordlivewell.com/5210](http://henryfordlivewell.com/5210).