



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.



5 OR MORE FRUITS AND VEGETABLES

Fruits and veggies are loaded with vitamins, minerals, fiber and antioxidants, and that's key to improving health and maximizing energy. Aim to eat 5 or more servings per day.

BUT, HOW? GLAD YOU ASKED.

- Let children choose the fruits and vegetables and add them to your child's favorite meals.
- Keep a bowl of fresh fruit on the counter.
- Encourage kids to try at least one bite every time a food is served. (For some foods, it may take up to 10 tries before a child likes it.)
- Make a fruit smoothie with low-fat yogurt.
- Invest in an inexpensive blender to create your own fruit and veggie blends.
- Wash veggies and fruits in advance so they're ready to grab and eat.
- Keep chopped veggies handy so they're easy to add to salads and side dishes.
- Choose healthy cereal, then top it with berries, bananas and apples.
- Add veggies to old favorites, like whole grain pasta or pizza.
- Cut food into fun shapes with cookie cutters.
- Top low-fat or fat-free yogurt with fresh berries and low-fat or fat-free granola for breakfast.
- Add chopped veggies like peppers, mushrooms and onions to omelets or scrambled eggs.
- Have dried fruit ready as an after-school snack. Mix with a handful of seeds or nuts to create your own brand of healthy granola.



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Learn the little steps that can lead to big changes, with 5-2-1-0. Visit henryfordlivewell.com/5210.