1. Be physically active at least 1 hour a day.

- Shop Smart
- Cook Healthy
- Eat Right
2. Spend less than 2 hours a day playing video, computer and cell phone games or watching TV.

- Shop Smart
- Cook Healthy
- Eat Right

www.kidseatright.org
3. Eat a healthy breakfast every day.

• Shop Smart    • Cook Healthy    • Eat Right    •
4. Eat vegetables and fruits at all meals and snacks.
5. Make time for healthy family meals at home.

- Shop Smart
- Cook Healthy
- Eat Right

www.kidseatright.org
6. Be wise about portion size.

- Shop Smart
- Cook Healthy
- Eat Right
7. Drink water, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages.
8. Ensure regular bedtime for your children and teens to include at least 9 hours of sleep every night.