

# 5-2-1-Almost None Everyday!



5-2-1-Almost None is a program from Healthy Communities that promotes healthy eating and physical activity. 5-2-1-Almost None helps parents, teachers and kids remember the recommendations for physical activity and healthy eating.



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## **Eat at least 5 servings of fruits and vegetables a day**

A diet rich in fruits and vegetables provides vitamins, minerals, and fiber that are important for supporting growth and development and optimal immune function in children.



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## **Limit TV and computer use to two hours or less a day**

Watching too much television is linked to overweight and obesity, lower reading scores, and attention problems.



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## **Get one hour or more of physical activity per day**

Regular physical activity is needed for good health!



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## **Drink less sugar**

Drink almost no sugar-sweetened beverages. Try water and low fat milk instead of sugary drinks.