



Five stands for five or more servings of fruits and vegetables per day. We encourage children and families to eat their greens, reds, yellows and purples for vision and heart health, a healthy immune system, strong bones and teeth, memory function and a lower risk of some cancers.



Two stands for two or fewer hours of "screen time" per day. We know that screens are seductive. The average American youth watches three hours of television a day. This doesn't even include the time children spend in front of computer screens. A number of studies show a correlation between watching television and obesity. Families are encouraged to limit their daily screen time to two hours or less.



One means one hour or more of physical activity daily. Physical activity, especially when it gets your heart pumping faster, is vital to maintaining a healthy weight and overall good health. While many school-age children are active, physical activity declines sharply in adolescence. Kids who are raised in active families tend to stay active as adults.



Almost none refers to almost no sugar-sweetened drinks – two servings or less per week. That includes soft drinks, sports drinks and fruit drinks that are not 100% fruit juice. Over the last few decades, soda consumption has doubled for girls, tripled for boys. Water and low fat milk are much healthier choices.



A Prescription for Health

The percentage of young people who are overweight has more than doubled in the last 20 years. About 35% of children in this country are overweight or at risk for overweight.

Nemours has taken a lead role to help people understand the causes and health implications of obesity and the best ways to promote healthier lifestyles among children and families.

Our "prescription for health" is **Five-Two-One-Almost None!**



Tips for Healthy Habits!

Fruits and Vegetables

- Try and try again. It may take children several tastings (10 or more) before they begin to enjoy certain foods.
- Serve at least one fruit or vegetable at every meal and snack. Try all the different colors.
- Dip veggies in low fat dressing. Tuck them in whole wheat pitas. Toss some on your pizza.

Screen Time

- Turn off the TV during dinner.
- No TV in your child's bedroom.
- Be a role model - limit your own screen time. Play, take a walk or cook with your kids instead.

Physical Activity

- 10 minutes here, 10 minutes there - and before you know it, you've been moving your body for an hour.
- There are lots of ways to be active - walking, dancing, gardening and raking leaves can all get your heart pumping.
- Plan one physical activity for the family each weekend. Let each child take turns choosing the activity.

Sugary Drinks

- Choose water. Add a lemon or lime wedge or a splash of juice for flavor.
- Avoid bringing sodas and sports drinks home. If it's there, the kids will drink it.
- Cut way down on soda yourself - your kids are watching.