



EVERY DAY



Eat fruits & vegetables at least 5 times

- ✓ Eat a fruit or vegetable at every meal.
- ✓ Eat a healthy breakfast & include fruit on your cereal.
- ✓ Wash & chop them ahead of time so they are ready to eat.



Limit TV & other screen time to 2 hours or less

- ✓ Keep the TV out of your bedroom.
- ✓ Turn off the TV and enjoy a family meal together.
- ✓ Plan what you want to watch.



Enjoy 1 hour or more of active play

- ✓ Play outside and have fun with your friends.
- ✓ Take a family walk after dinner.
- ✓ Walk while talking on your cell phone.



Restrict soda & sugar-sweetened drinks

- ✓ Instead, encourage water & 2—4 servings of fat free milk.
- ✓ Limit fruit juice to half cup or less.
- ✓ Read drink labels before you buy them.

This office is a proud participant in
Keep ME Healthy a joint initiative of
the Maine Chapter of American Academy of Pediatrics,
the Maine Harvard Prevention Research Center,
and the Maine Center for Public Health.