

# Countdown to a Healthy Day

Ah, ah, ah! Remember these five ways to build healthy habits as a family.



5

**5 servings:** Try to eat fruits and vegetables every day.

3

**3 colors:** Try for at least 3 colors on your plate (including green!)

2

**2 bite club:** Invite little ones to try 2 bites of a new food. It can take children many tries, over time, to begin enjoying a new food.

1

**1 hour of movement:** Healthy eating and daily movement go hand in hand for overall wellness. Take a walk outside or have a family dance party! Your one hour can be broken into small chunks throughout the day.

0

**0 sugary drinks:** Soda and other sugar-sweetened beverages harm children's healthy development. Try water or low-fat milk instead.

## BUT ALSO REMEMBER...

It's not always necessary to "get everything right" in each meal. Look at how children eat over the course of three days to notice if they're eating in a balanced way.

It can help to teach children about "sometime foods" (such as cookies) and "anytime foods" (such as fruits and vegetables)—"anytime foods" keep our bodies and minds healthy and strong!