

5 Ways to Build Healthy Habits

Set the stage for a lifetime of health!



in Communities



Follow the **5-2-1-0** rule

Aim for 5 servings of fruits and vegetables, under 2 hours of screen time, 1 hour of movement, and 0 sugary drinks daily.

Try to eat from all **5 food groups**

Fruits, grains, proteins, vegetables, and dairy.

Count the **colors** on your dinner plate

Try for at least 3 colors of the rainbow (including green)!

Invite children to join the **“2-bite club”**

by taking 2 bites of a new food. It often takes many tries before children will like a new food.

Choose one **food** to focus on

Talk about where it came from and how it got to your plates. Chew slowly and notice the taste.



For more resources, visit
[SesameStreetInCommunities.org/eating](https://www.sesamestreetincommunities.org/eating)

It's strong to reach out for help getting healthy food.

- For ages 5 or younger: www.fns.usda.gov/wic
- SNAP (for children older than 5): call 1 800 221 5689 or visit www.benefits.gov/benefit/361

**Our bodies are amazing,
and they deserve healthy food!**

