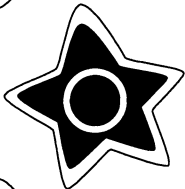




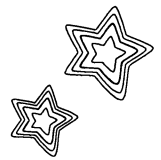
TIPS for kids to support healthy weight!



Eat **FIVE** servings of fruits and veggies every day. One small apple is one serving of fruit, 5-6 baby carrots for a veggie.



Limit sugar-sweetened drinks such as soda. Drink water, sugar free drinks or low fat milk.



Limit TV time or computer time to **TWO** hours a day.



ONE hour of activities every day. Walk, bike, play, and get your body moving.



parents:

Eat at home more often!

- Prepare five or six healthy meals at home each week.
- Try new recipes that use fresh fruits and veggies.
- Serve smaller amounts.
- Let your kids help so that they learn how to prepare healthy meals.
- Limit eating out.

Show your child how to be healthy!

Health Plan 
of San Joaquin



5.0.2.1 can help you and your family stay healthy.