

# 5·2·1·0 EVERY DAY

*For a Healthier, Stronger You!*



**or MORE**  
*fruits and vegetables*

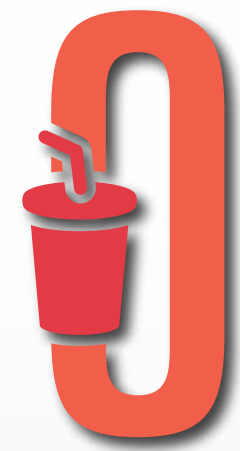


**HOURS or LESS**  
*recreational screen time*

*Keep Television and Computer screens out of the bedroom  
No screen time under the age of 2*



**HOUR or MORE**  
*of physical activity*



**SODA and SWEETENED DRINKS**  
*more water and low fat milk*



*let's geaux!*

[www.dhh.la.gov/5210](http://www.dhh.la.gov/5210)

Louisiana Department of Health and Hospitals

*WIC is an equal opportunity provider.*