



5 or more servings of fruits and vegetables

Fruits and vegetables can provide children with a lot of nutrients, water, fiber, and phytochemicals that help prevent diseases and keep their bodies healthy. Young children are still learning how to be competent eaters, so they're more likely to eat something that their peers or teachers are eating – be a good model! They also tend to reject new foods at first – it may take several exposures to a new food before it is accepted so keep trying!

- Offer a variety of fruits and vegetables and other healthy foods at planned times throughout the day and let children choose whether and how much they eat.
- Shred or puree fruits and vegetables and use them as ingredients to increase a food's fruit and vegetable content - try shredded zucchini in breakfast bread or pureed cauliflower in macaroni and cheese.
- Let children help make snacks so they learn how to prepare healthy foods.

2 or fewer hours of recreational screen time⁺

⁺review guidelines on parenting strategies to encourage quality screen time (AAP, 2015)

Recreational screen time is free time spent in front of screens – like televisions, video games, and the internet. It is possible to get enough physical activity and still engage in an unhealthy amount of screen time. The American Academy of Pediatrics recommends NO screen time for children under two years of age.

- Provide screen-free child care.
- Work to foster children's love for music and dancing, reading, making art, exploring the outdoors, interacting with others, building, creating, and imagining.
- Help educate parents about healthy screen time habits – like removing televisions from bedrooms, turning off media during mealtimes, and setting and enforcing limits.

1 or more hours of physical activity

Active play time is important for many reasons: it gives young children opportunities to move their bodies, use their imagination, practice problem solving, and engage in social interactions that promote self-awareness and empathy. Plus, it increases physical fitness!

- Give children plenty of chances to get outside in every season.
- Provide children with access to playgrounds, grass fields, portable equipment, like balls, and riding toys, like tricycles and scooters.
- Feel free to join in the fun – after all, adults need physical activity too!

0 sweetened beverages

It is important to drink fluids to stay healthy, but sweetened beverages add extra sugar and calories to the diet. Watch out for drinks with the following ingredients: sugar, honey, sweetener, syrup (e.g., corn syrup, brown rice syrup), and/or ingredients ending in "ose" (e.g., glucose, dextrose).

- Make water the norm for quenching thirst – drink water when you are thirsty and offer water to thirsty children.
- Ensure that drinking water is easily accessible at all times.
- Nonfat and 1% milk and 100% vegetable juices contain beneficial nutrients and calories – they are healthy foods that promote a nutritious diet; they are not beverages to drink when thirsty.

Contact 5210 at 5210@psu.edu or www.5210.psu.edu for help identifying programs and resources targeting nutrition, physical activity, and screen time!

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