8 Habits of Healthy Kids

1. Spend at least 1 hour a day being physically active.
2. Limit use of TV and video games to no more than 1 hour a day.
3. Eat smaller amounts. Bigger is not always better!
4. Drink water instead of soda.
5. Eat a total of 5 or more servings of fruits and vegetables a day.
6. Eat less fast food (no more than once a week).
7. Snack on healthy foods and eat less junk food and sweets.
8. Switch to low-fat (1% or less) dairy products.

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