



Little Changes. Big Rewards.

Another way MCIR keeps your child healthy.

Health care providers and families working together for healthy weight in kids

- 5** Fruits and vegetables...more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% fruit juice.
- 2** Limit screen time to 2 hours or less a day.
- 1** Get in at least one hour of moderate to vigorous physical activity every day.
- 0** Drink less sugar. Try water and low-fat milk instead of sugar-sweetened drinks.

