



## Four simple guidelines for raising healthy children

Every child has a unique pattern of growth which can be influenced by healthy habits. Healthy growth and development in children reduces the risk of conditions such as type 2 diabetes and high blood pressure.

As a parent you are a role model for your child and you can encourage and model healthy behaviours, even when your child is very young. To raise a happy and healthy child we recommend that you incorporate the Live 5-2-1-0 guideline into your family's lifestyle.

### Enjoy—**FIVE** or more vegetables and fruits every day

By the age of 4, children require at least 5 servings of vegetables and fruits every day. To help your child develop healthy taste buds, introduce new types, colors and textures of vegetables and fruits.

### Power Down—no more than **TWO** hours of screen time each day. (TV, videos games, computer)

Children who spend more time in front of a TV or computer spend less time being active and social. Always put limits on screen time in your home and keep TV's out of children's bedrooms. Find fun activities to replace screen time. (Refer to the Live 5-2-1-0 fact sheet for examples.)

### Play actively—at least **ONE** hour each day

Play is an important way children learn both physical and social skills. They learn creativity and sharing and enhance their motor skills, spatial awareness and coordination. Physical Activity helps children develop a good level of fitness, improves their performance in school, and increases self esteem.

### Choose healthy—**ZERO** sugar-sweetened drinks

Sugar sweetened drinks, such as pop and energy drinks, are not required for healthy growth and development in children and may increase their risk of developing an unhealthy weight. Instead, keep your child hydrated with water and milk.

While 100% fruit juice contains nutrients such as Vitamin C it is still high in sugar and should only be an occasional treat (1/2 cup). Choose whole fruit over juice.

#### 1 serving of fruit and vegetables equals...

- 1 piece of fruit such as a banana or apple
- 1 vegetable such as carrot or celery stick
- 1/4 cup of dried fruit
- 1/2 cup of fresh, frozen, cooked or canned fruits or vegetables

