






5-2-1-0




HEALTHY NUMBERS FOR KENTUCKY FAMILIES

5-2-1-0 is an initiative of the Kentucky Department for Public Health Obesity Prevention Program and the Partnership for a Fit Kentucky to promote healthy eating and physical activity in child care settings. Check out these tips to try out in your home. For early childhood professionals, visit <http://chfs.ky.gov/dph/mch/hp/5210/>








-  Aim for 5 palm sized servings of fruits and vegetables each day.
-  Wash and chop fruits and veggies so they're portable and ready to eat.
-  Use low-fat ranch, yogurt or peanut butter to jazz up fruits and vegetables.
-  Model good eating. Children are more likely to eat fruits and vegetables if they see their parents eating them too.
-  Try the three-bite rule when introducing new fruits and veggies - take three bites each time. Remember, it can take up to 10 tries before liking a new food.






-  Limit screen time to no more than 2 hours for children 2-5 years. Avoid screen time for children under 2 years (e.g., TV, computers, video games).
-  Watching TV is associated with more snacking and increased obesity.
-  Don't leave the TV on as background noise. Screens can get in the way of exploring, playing and interacting with others.



-  Spend 1 hour of moderate activity when child is breathing hard (e.g., dancing or running).
-  Teach your children the games you played as a kid.
-  Let children play outside so they can run, jump, skip and explore.
-  Give gifts that require physical activity (e.g., jump rope, hula hoops)
-  Model physical activity by being active yourself.



-  Avoid sugary drinks and choose to drink water with meals.
-  If you choose to serve juice, buy 100% juice. Avoid drinks labeled "ade," "drink" or "punch."
-  Juice should be limited to:

Age	0-6 months	1-6 years	7-18
Serving Size	No juice	4-6 ounces	8-12 ounces