

8 Habits of Healthy Children and Families™



1. Be physically active at least 1 hour a day.

• Shop Smart • Cook Healthy • Eat Right •

8 Habits of Healthy Children and Families™



- 2.** Spend less than 2 hours a day playing video, computer and cell phone games or watching TV.

• **Shop Smart** • **Cook Healthy** • **Eat Right** •

KIDS eat right.

www.kidseatright.org

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3. Eat a healthy breakfast every day.

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4. Eat vegetables and fruits at all meals and snacks.

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5. Make time for healthy family meals at home.

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6. Be wise about portion size.

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7. Drink water, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages.

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8. Ensure regular bedtime for your children and teens to include at least 9 hours of sleep every night.

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