Adapted from the 5-2-1-0 message promoted by the National Initiative for Children's Healthcare Quality (www.nichq.org)

### 5-3-2-1-Almost None

- **5** 5 or more servings of fruits and vegetables daily
- **3** 3 structured meals daily—eat breakfast, less fast food, and more meals prepared at home
- **2** 2 hours or less of TV or video games daily
- **1** 1 hour or more of moderate to vigorous physical activity daily

*Almost None* Limit sugar-sweetened drinks to “almost none”