There is a program that is very helpful for remembering healthy habits for kids named “5-2-1-0”.

This stands for:

- 5 servings of fruits and vegetables every day
- No more than 2 hours of screen time each day
- 1 hour of exercise per day
- No sugar sweetened drinks (soda, juice, etc.) except for 6 ounces of 100% fruit juice per day.

These health habits go a long way towards improving a child’s health. They make adults healthier too.