



BETTER CHOICES COUNT!

5-2-1-0 IS THE WAY TO GO.

WHAT'S 5-2-1-0?

Busy schedules can make it tough to live healthy. But it's all about making good choices. 5-2-1-0 is designed to be easy to remember and, most of all, easy to follow.

5-2-1-0 means 5 or more fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity, and 0 sugar-added drinks -- every day.



5 OR MORE FRUITS AND VEGETABLES

Fruits and veggies are loaded with vitamins, minerals, fiber and antioxidants, and that's key to improving health and maximizing energy.

Aim to eat 5 or more servings per day.

BUT, HOW? GLAD YOU ASKED.

- Let children choose the fruits and vegetables and add them to your child's favorite meals.
- Keep a bowl of fresh fruit on the counter.
- Encourage kids to try at least one bite every time a food is served. (For some foods, it may take up to 10 tries before a child likes it.)
- Make a fruit smoothie with low-fat yogurt.
- Invest in an inexpensive blender to create your own fruit and veggie blends.
- Wash veggies and fruits in advance so they're ready to grab and eat.
- Keep chopped veggies handy so they're easy to add to salads and side dishes.
- Choose healthy cereal, then top it with berries, bananas and apples.
- Add veggies to old favorites, like whole grain pasta or pizza.
- Cut food into fun shapes with cookie cutters.
- Top low-fat or fat-free yogurt with fresh berries and low-fat or fat-free granola for breakfast.
- Add chopped veggies like peppers, mushrooms and onions to omelets or scrambled eggs.
- Have dried fruit ready as an after-school snack. Mix with a handful of seeds or nuts to create your own brand of healthy granola.



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LIVEWELL

Learn the little steps that can lead to big changes, with 5-2-1-0. Visit henryfordlivewell.com/5210.



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2 HOURS OR LESS OF RECREATIONAL SCREEN TIME

Limit recreational screen time to 2 hours or less every day. Television, the Internet, smartphones, video games, mp3 players and electronic gadgets can be useful, helpful tools, but they are also not good for kids when screen time goes unchecked. Limit individual and family hours – and monitor what's being viewed.

BUT, HOW? GLAD YOU ASKED.

- Place the television in a common room to make viewing time a family activity.
- Keep the computer in a high-traffic area, limit usage time and monitor what's being viewed.
- Be selective about TV programming and apps; encourage educational content.
- Plan family activities like game night (with prizes!), bike rides and trips to museums.
- Turn off all electronics – including TV and texting – during mealtime. Talk together as a family instead.
- Encourage imagination with activities like drawing, painting or singing favorite songs.
- Keep a handy box of paper (different colors), scissors, crayons, markers and accessories like ribbon and stickers to move kids away from television.
- Take TVs out of the bedroom and limit viewing time to improve quality of sleep.
- Set a family rule of at least 2 hours playing outside for every hour of TV or games.
- Take a family walk after meals and turn it into a scavenger hunt.
- Read together. Take the children to the library each week and let them select the family books.



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1 HOUR OR MORE OF PHYSICAL ACTIVITY

Getting at least 1 hour of moderate physical activity every day can be easier than it sounds – especially when you make it family time. Our bodies are made for motion and we're at the top of our game when we get in gear!

BUT, HOW? GLAD YOU ASKED.

- Start with easy activities like a short family walk after dinner.
- Sign up as a family for a local 1K or 5K walk.
- Dance classes are fun and healthy – even for the kids.
- Find a simple hiking trail near the house and make it a weekly family event.
- Sign up your child for school sports, community sports or a travel sports league.
- Bring out the old favorites: tag, Hula Hoop, jumping rope or flying a kite.
- Try getting small bursts of physical activity throughout the day, such as doing different activities four times a day in 15-minute increments.
- Challenge your kids to see who can do more jumping jacks, sit-ups or push-ups during TV commercials.
- Put on music and dance together to your family's favorite songs.
- Interactive game systems can turn game time into family exercise time.
- Enjoy the great outdoors or your great backyard. Play tag with your kids, swim in the pool or play a game of catch.
- Take advantage of the season. Run through the sprinklers, build a snowman or rake leaves into a pile together (jumping into them is required).
- Join the local gym as a family, especially one with a pool and sports teams.
- Ride bikes with your child. Help them decorate the bikes first.
- Make sure your house is stocked with ball gloves, bats, soccer balls, basketballs and other fun sports items.



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KIDS!

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Snacking Can Be Healthy and Fun!

Healthy snacks can be a great way to incorporate your daily required servings of fruits and vegetables. Here are few snacks that are quick and easy to make and sure to please!

FUN KABOBS

What you'll need:

Grapes
Strawberries
Bananas
Cheese, in small cubes
Thin pretzel sticks



What to do:

Alternate the grapes, cheese, bananas and strawberries by pushing the pretzels through them like a kabob. Enjoy!

TERRIFIC TRAIL MIX

What you'll need:

Dried cranberries or raisins
Mini pretzels
Oat squares cereal



What to do:

Add a small serving of each item to a clean Ziploc bag and shake to mix. Open the bag and start snacking! Try combining different items to make your own unique trail mix.

YOGURT PARFAITS

What you'll need:

Greek yogurt (or any low fat/high protein yogurt you like)
Low-fat granola
Fresh or frozen berries, your choice



What to do:

In a bowl or short glass, first put a layer of berries, then a layer of yogurt, then a layer of granola. Repeat with another layer of berries, yogurt and granola. Grab a spoon and dig in!

YUMMY CHIPS

What you'll need:

Your favorite type of apple
Zucchini
Canola oil spray
Salt
Cinnamon
A grownup to help you cut and bake!



What to do:

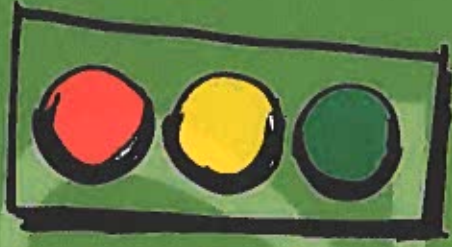
Ask a grownup to preheat the oven to 275 degrees and cut the apple and zucchini into thin slices. Spray a cookie sheet with a small amount of canola oil spray and place the slices on the cookie sheet in a single layer. Bake for 1 hour, then flip the chips over so they bake evenly. Place the chips back in the oven. Check every 30 minutes so they don't overcook. Take them out when they look crisp. Lightly salt the zucchini chips and lightly sprinkle the apple chips with cinnamon. Now enjoy your new favorite snack!

EatWell. PlayWell. DrinkWell.

5 FRUITS & VEGGIES

HEALTHY DOODLES:

Draw that fruit or veggie you just enjoyed. Can you draw 5 every day?



Fill in the red for 2 hours.

Fill in the yellow for 1 1/2 hours.

Fill in the green for 1 hour or less.

2 HOURS OR LESS OF SCREEN TIME

KNOW YOUR NUMBERS:

Instead of spending so much time online, watching TV or playing video games, do these fun things for 30 minutes:

- Read a book
- Play a board game
- Create a work of art
- Practice an instrument

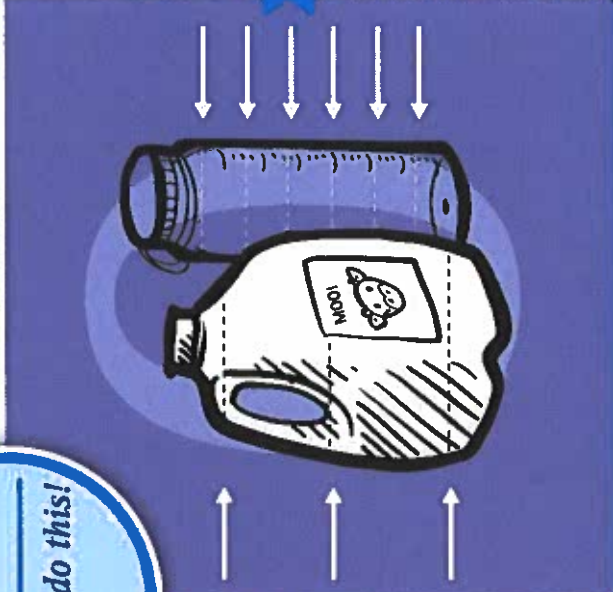
WHAT DAY IS IT?

We can do this!

1 HOUR OF PHYSICAL ACTIVITY

ACTIVE ARTS:

Choose a physical activity you love and do it for an hour or 15 minutes 4 times a day. Make sure to draw what you did in the spaces provided.



0 SUGAR-ADDED DRINKS

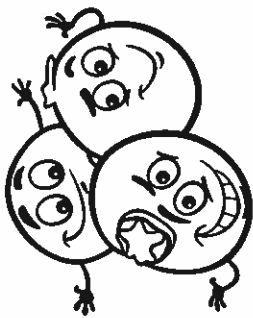
DRINK UP:

Every time you drink a glass of water or have a serving of low-fat milk, fill in a section of its container. Can you fill them to the top?

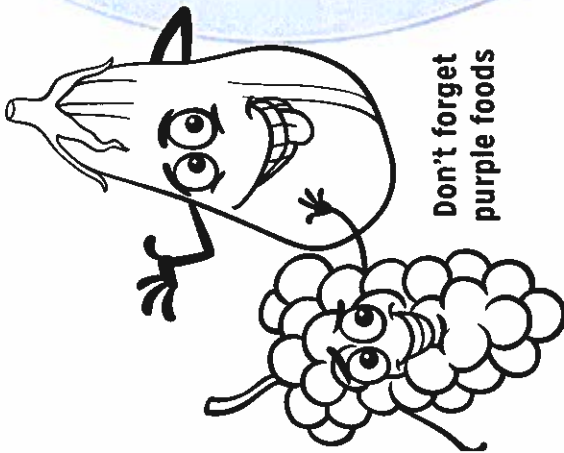


5 OR MORE FRUITS AND VEGETABLES EVERY DAY

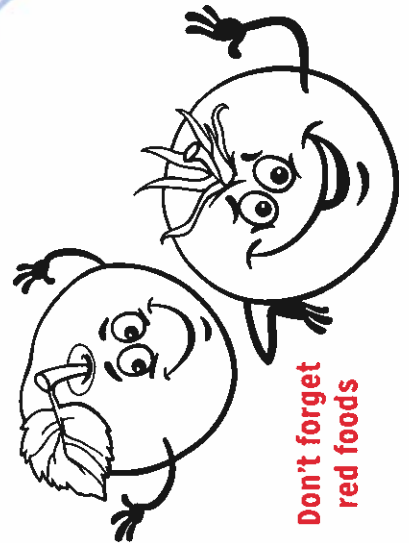
Draw and color your favorite fruits and vegetables.
Make sure to fill your plate with all the colors of the rainbow.



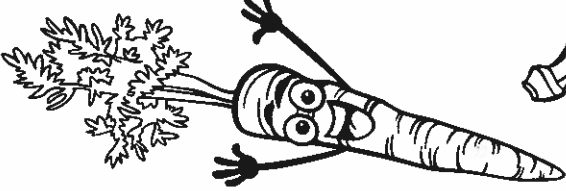
Don't forget
blue foods



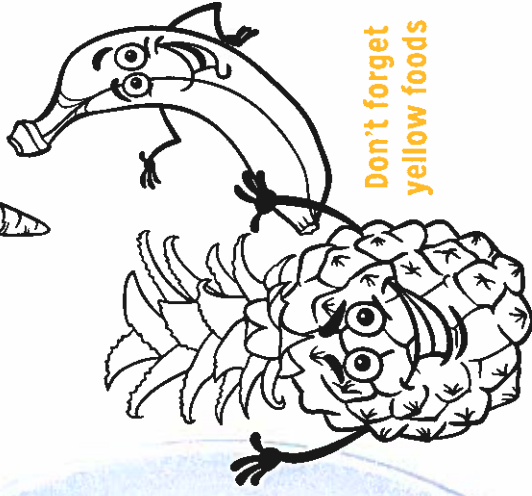
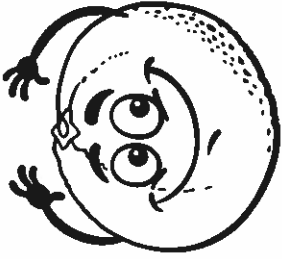
Don't forget
purple foods



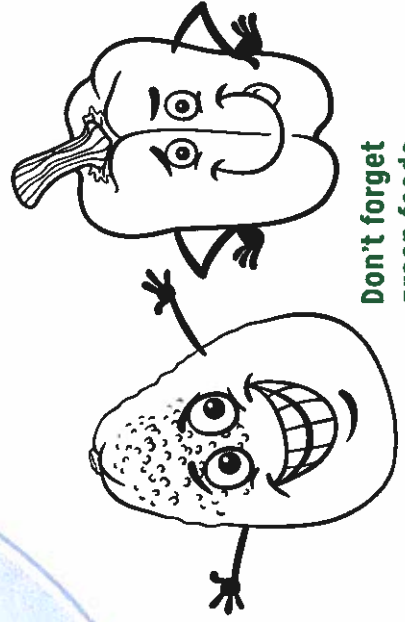
Don't forget
red foods



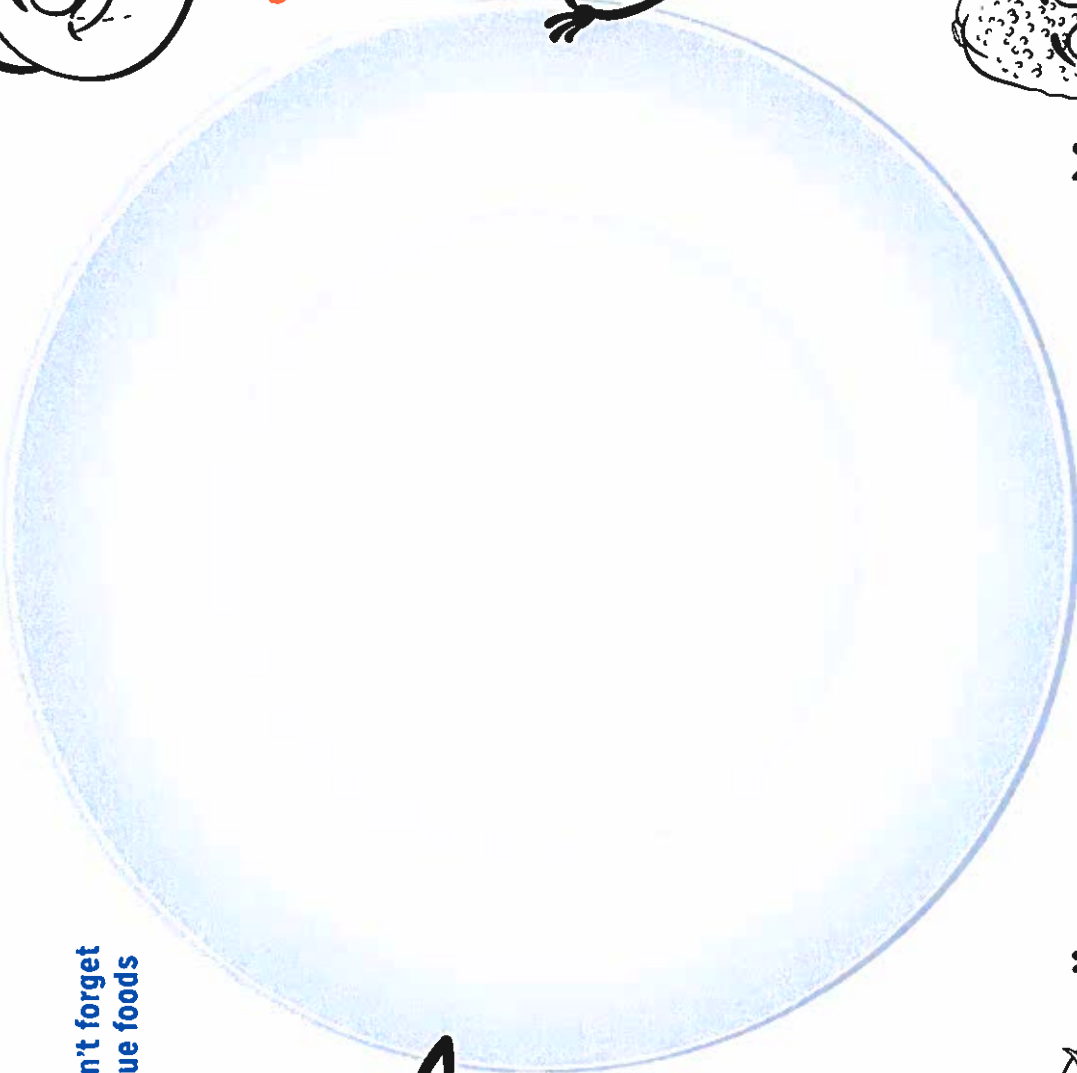
Don't forget
orange foods



Don't forget
yellow foods



Don't forget
green foods



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0 Sugar-Added Drinks is Easier Than You Think!

If you're craving a flavorful beverage, try infused water instead of picking up a pop or sugary drink.

WHAT IS INFUSED WATER?

Infused water is made from taking different fruits, vegetable and herbs and placing them in water to add flavor to it. You can make your infusion light by leaving the fruit in for a short time, or if you really want a strong flavor let the ingredients soak overnight.

INFUSED WATER RECIPES

There are dozens of popular infused water recipes. You can use your imagination to think of flavors you would like. To get started, see the recipes below. After you have tried some of these, have fun creating your own recipes!

JUST THE BERRIES

4-5 large strawberries, sliced
½ cup blueberries, slightly muddled

ORANGE BLUEBERRY

1 orange, sliced
½ cup blueberries, slightly muddled

CITRUS BLEND

1 orange, sliced
1 lime, sliced
½ lemon, sliced

CINNAMON APPLE

1 sweet apple, sliced
2 cinnamon sticks

BLACKBERRY CHERRY LIME

¼ cup blackberries, slightly muddled
½ cup cherries, halved
1 lime, sliced

RASPBERRY LIME

2 limes, cut in quarters and juiced
2 cup raspberries

PINEAPPLE MINT

A few sprigs of mint, muddled to release the flavor
1 cup pineapple, chopped and slight muddled



Mix with about 32 ounces of water and let infuse for at least 2 hours. Infuse overnight for full flavor.

INFUSED WATER TIPS

- For stronger flavored water allow to infuse overnight in the refrigerator. You can also get a more intense flavor by muddling your fruit and veggies, which means to crush them a little.
- Keep infused water in the refrigerator to keep it fresh
- For best flavor and results, drink you water within 3-4 days
- If you like the fizziness of pop, try infusing seltzer water. You'll get carbonation of pop and none of the unwanted sugar.



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Kids' Activity Pyramid

Each week you can have fun and be active by trying the following things:

WITH FRIENDS:

- Dance to music
- Play games like tag and hopscotch
- Join a sports team

WITH FAMILY:

- Go on a walk together
- Play at the park
- Turn off the TV for a day

BY YOURSELF:

- Fly a kite
- Do cartwheels, somersaults, or jumping jacks
- Practice sports skills

Have more fun by thinking up your own activities!

CUT DOWN ON



- TV watching
- Video and computer games
- Sitting more than 30 minutes at a time

2-3 TIMES A WEEK



Leisure & Playtime

- Swinging
- Canoeing
- Tumbling
- Miniature golf

Strength & Flexibility

- Push-ups/pull-ups
- Martial arts
- Dancing
- Rope climbing



3-5 TIMES A WEEK



Aerobic Exercises (at least 20 minutes)

- Roller blading
- Biking
- Skateboarding
- Swimming
- Running



Recreational activities (at least 20 minutes)

- Volleyball
- Basketball
- Soccer
- Skiing
- Kickball
- Relay races



EVERYDAY

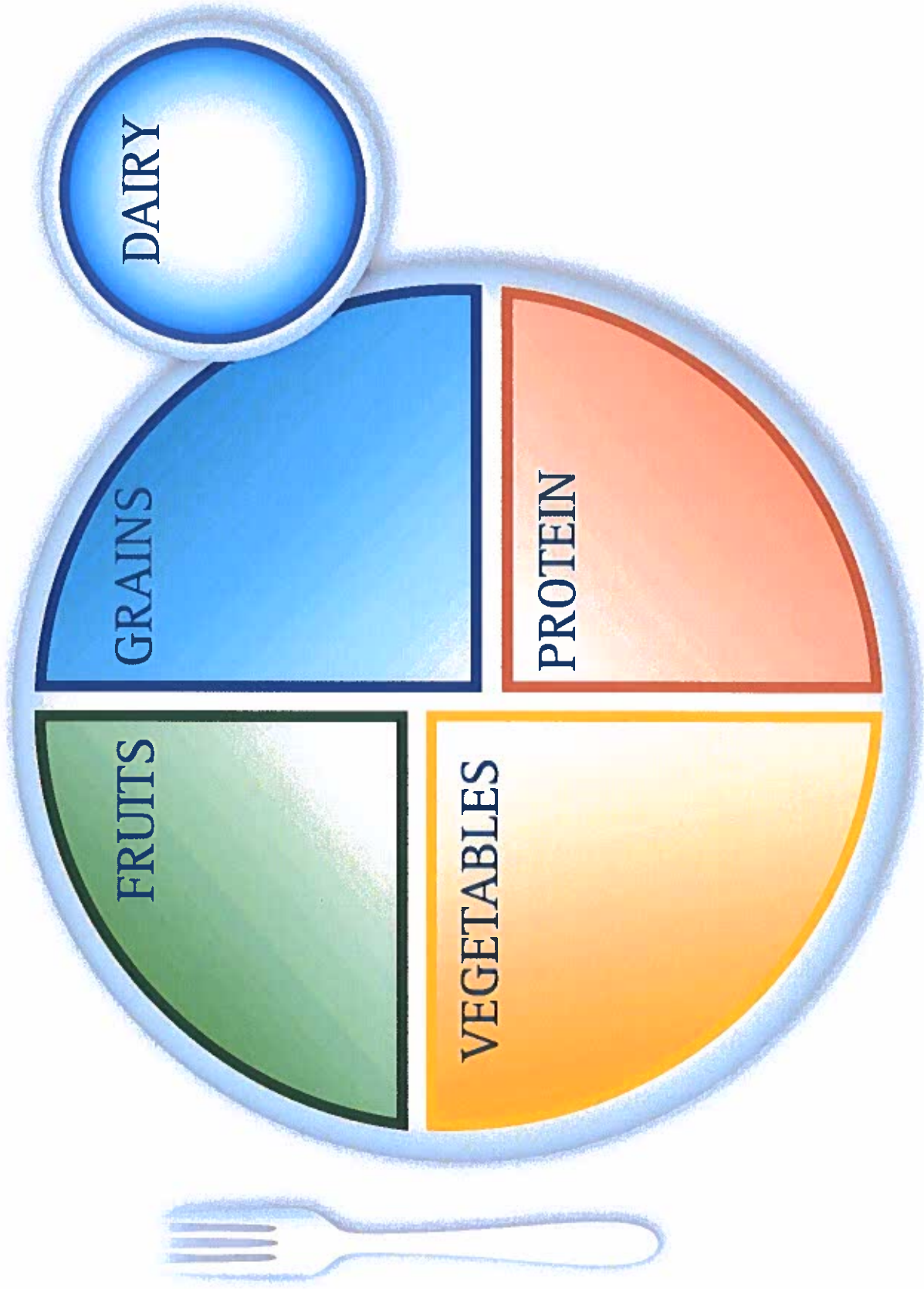
(as often as possible)

- Play outside
- Take the stairs instead of the elevator
- Help around the house or yard
- Bathe your pet
- Pick up your toys
- Walk to the store
- Go for a walk



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Plan Your Plate



FOR HEALTHY RECIPES THE WHOLE FAMILY WILL LOVE,
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Michigan Nutrition Network Approved Book List for SNAP-Ed

A BOOK OF FRUIT by Barbara Hirsch Lember

A FRUIT IS A SUITCASE FOR SEEDS
by Jean Richards

A GARDEN FOR PIG by Kathryn Thurman

A HARVEST OF COLOR by Melanie Eclare

THE ADVENTUROUS CHEF: ALEX SOYER by Ann Arnold

ARE YOU EATING SOMETHING RED by Ryan Sias

BABY FOOD by Saxton Freymann

THE BEASTLY FEAST by Bruce Goldstone



BRENDA DOESN'T LIKE BROCCOLI
by Juliette Shivers

**BRING ME SOME APPLES AND I WILL
MAKE YOU A PIE** by Robbin Gourley

BUILD A BURRITO by Denise Vega

BURP! By Diane Swanson

THE BUSY BODY BOOK by Lizzy Rockwell

COME AND PLAY WITH US!

COME OUT AND PLAY by Maya Ajmera and John D Ivanko

COOL FUEL KIDS COOKBOOKS by Produce for Better Health

DREAM BIG by Deloris Jordan

EATING FRACTIONS by Bruce McMillan



EATING THE ALPHABET by Lois Ehlert

ENCYCLOPEDIA OF FOODS

THE ENORMOUS POTATO by Aubrey Davis

EVENING MEALS ACROSS THE WORLD
by Michele Zurakowski

EXERCISE by Sharon Gordon

FAMILY by Isabell Monk

FEAST FOR 10 by Cathryn Falwell

**THE FISH WHO WISHED HE COULD
EAT FRUIT** by Kathleen Stefancin



**SECRETS OF THE GARDEN: FOOD CHAINS AND
THE FOOD WEB IN OUR BACKYARD**
by Kathleen Weidner Zoehfeld

FRED THE FISH AND THE SQUASH THAT GOES SQUISH
by Duke Christofferson

FROM SEED TO PLANT by Gail Gibbons

THE GARDEN PROJECT by Margaret McNamara

GET MOVING WITH ELMO

GIRAFFES CAN'T DANCE by Giles Andreae

GO, GO, GRAPES by April Sayre Pulley

**GOOD ENOUGH TO EAT: A KID'S GUIDE
TO FOOD & NUTRITION** by Lizzy Rockwell



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1 Hour or More of Physical Activity

F	R	P	R	O	Y	X	K	O	M	T	D	X	C	H
G	U	Y	K	T	Z	L	J	H	D	C	B	K	C	V
Q	N	U	A	Z	V	B	L	B	M	H	F	R	J	S
O	E	D	A	E	G	J	G	I	Q	X	D	A	G	Z
D	P	C	O	H	S	E	W	X	U	G	P	C	R	H
T	L	B	M	H	S	S	W	U	J	X	Q	E	E	I
B	A	L	L	J	U	M	P	K	U	R	C	D	C	K
H	Y	W	I	P	H	L	L	C	G	C	L	B	E	E
S	F	F	S	N	N	M	R	A	O	R	L	C	S	N
V	L	Q	O	A	D	Q	T	S	Q	W	N	C	S	R
A	J	F	A	C	B	R	L	M	F	A	V	G	V	Q
F	Z	L	T	C	W	R	R	R	D	L	Q	P	H	M
T	Q	G	D	L	I	W	F	T	K	K	F	K	D	S
S	H	X	M	K	X	V	S	H	K	R	W	B	Q	N
L	S	A	F	O	C	T	O	H	K	V	K	B	F	G

BALL
DANCE
HIKE

JUMP
PLAY
RACE

RECESS
RUN
SOCCER

SWIM
TAG
WALK



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