

5-2-1-0: The Real Deal!

Eat (at least) **5** servings of fruits and vegetables each day

Limit screen time to **2** hours

Get **1** or more hours of physical activity a day

Drink **0** sugar-sweetened drinks

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Kentucky Chapter



Kentucky Public Health
Prevent. Promote. Protect.



5-2-1-0

Healthy Numbers for Kentucky Families