



Prescription for Health

Name: _____

Date: _____

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”

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



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