

5·2·1·0 EVERY DAY

For a Healthier, Stronger You!



or MORE
fruits and vegetables



HOURS or LESS
recreational screen time

*Keep Television and Computer screens out of the bedroom
No screen time under the age of 2*



HOUR or MORE
of physical activity



SODA and SWEETENED DRINKS
more water and low fat milk



let's geaux!

www.dhh.la.gov/5210

Louisiana Department of Health and Hospitals

WIC is an equal opportunity provider.