

HOW DO IOWA KIDS STAY HEALTHY?

5

SERVINGS OF FRUITS AND VEGETABLES.

2

HOURS OR LESS OF SCREEN TIME.

1

HOUR OR MORE OF PHYSICAL ACTIVITY.

0

SUGARY DRINKS—MORE WATER.

LIVE 5210 EVERY DAY!

iowahealthieststate.com/5210



IS A PROUD PARTNER OF 5-2-1-0 HEALTHY CHOICES COUNT