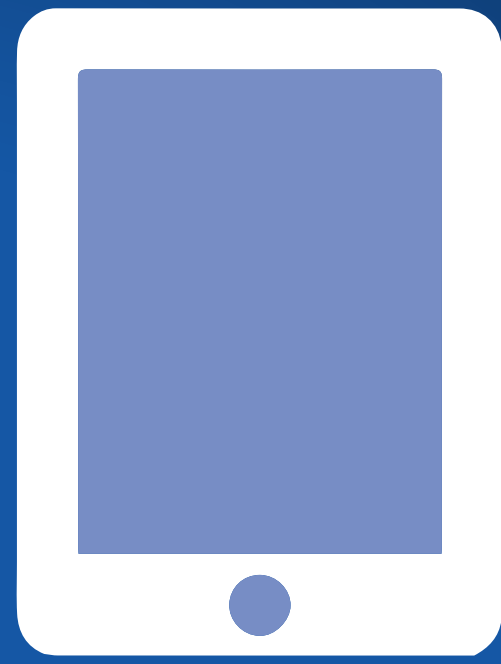




**5 OR MORE FRUITS
AND VEGETABLES.**



**2 HOURS OR LESS
OF SCREEN TIME.**



**1 HOUR OR MORE OF
PHYSICAL ACTIVITY.**



**0 SUGARY DRINKS—
MORE WATER.**

Healthy Choices Count!

How do Iowa kids stay healthy? They Live 5-2-1-0!
It's a fun way to make being healthy easy.

iowahealthieststate.com/5210



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



Healthy Choices Count!



EAT HEALTHY. PLAY HEALTHY.

5 or more servings of fruits and vegetables. 2 hours or less of screen time. 1 hour or more of physical activity. 0 sugary drinks – more water. Add it all up and it's an easy way for kids to stay healthy!

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Healthy Choices Count!