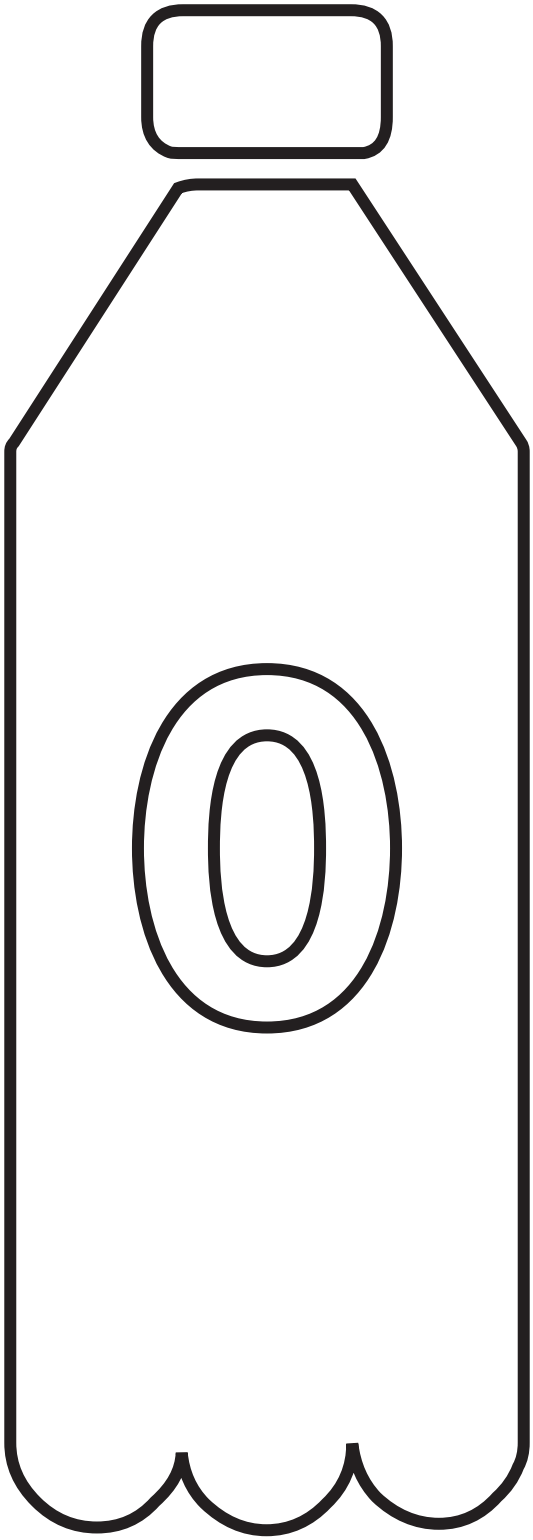
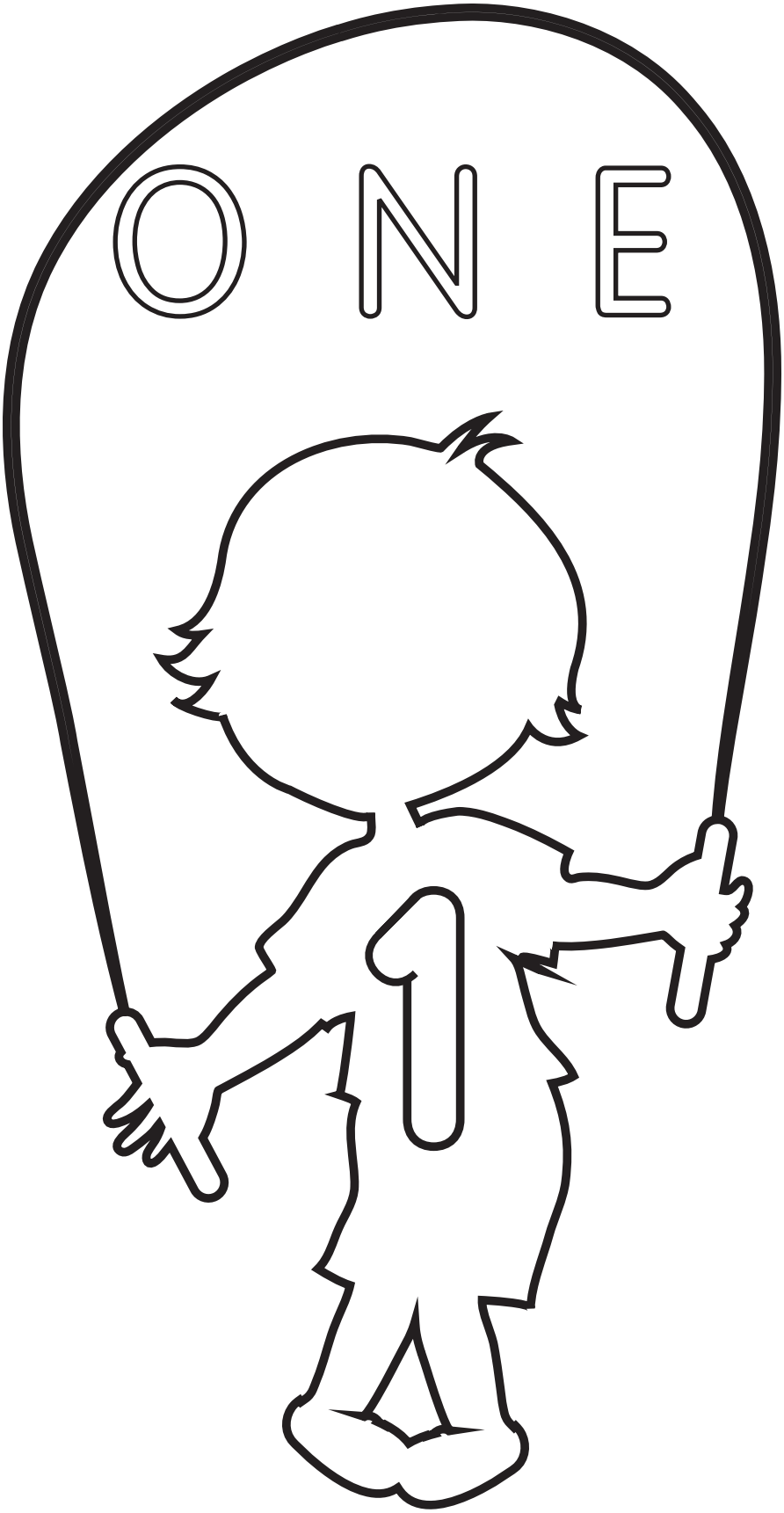
# ZERO




SUGARY DRINKS

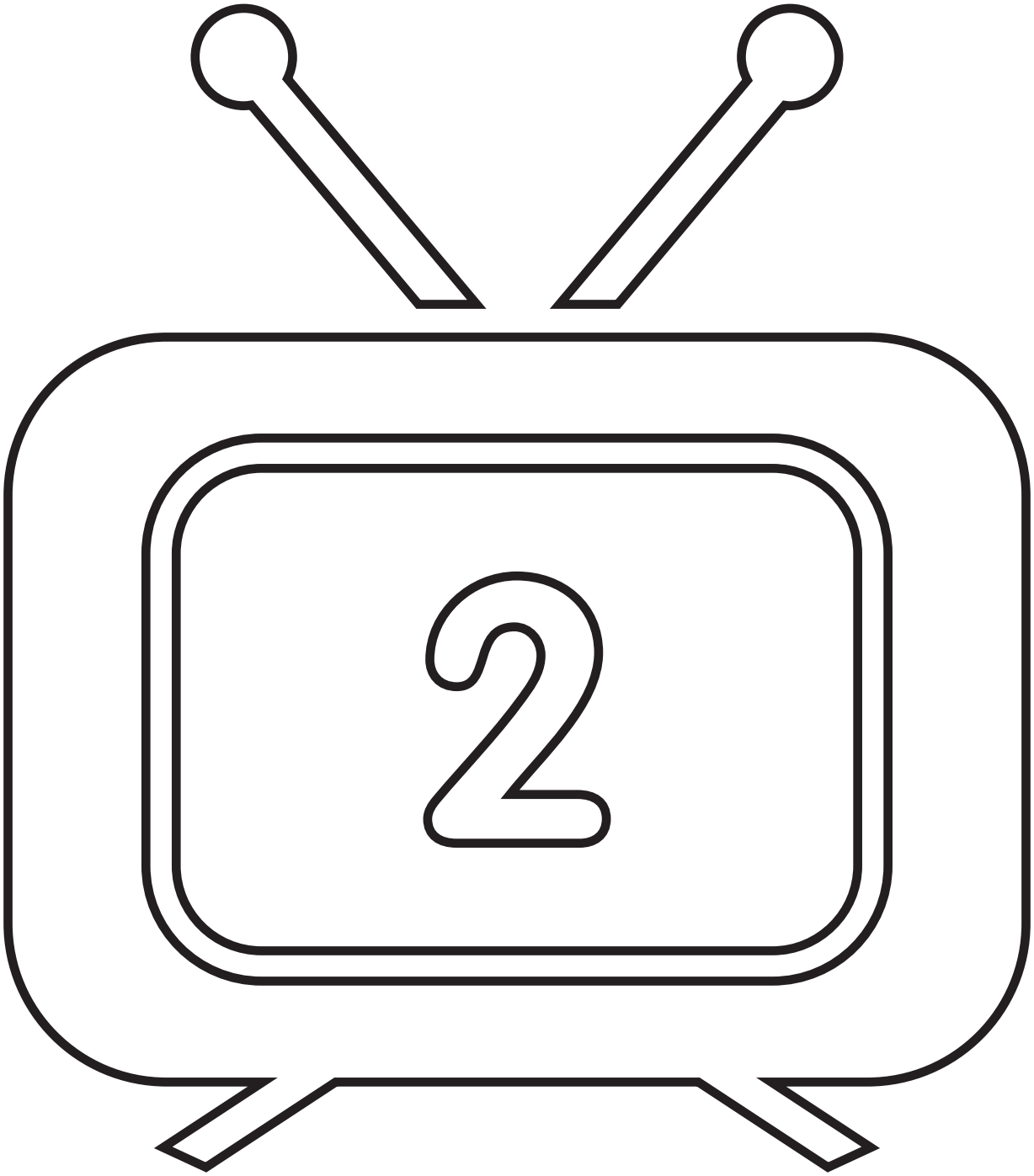
**Sweet drinks pour on the pounds. Water first.**




HOUR OR MORE
OF PHYSICAL ACTIVITY

**Play every day, any way, to keep both body and brain fit.**

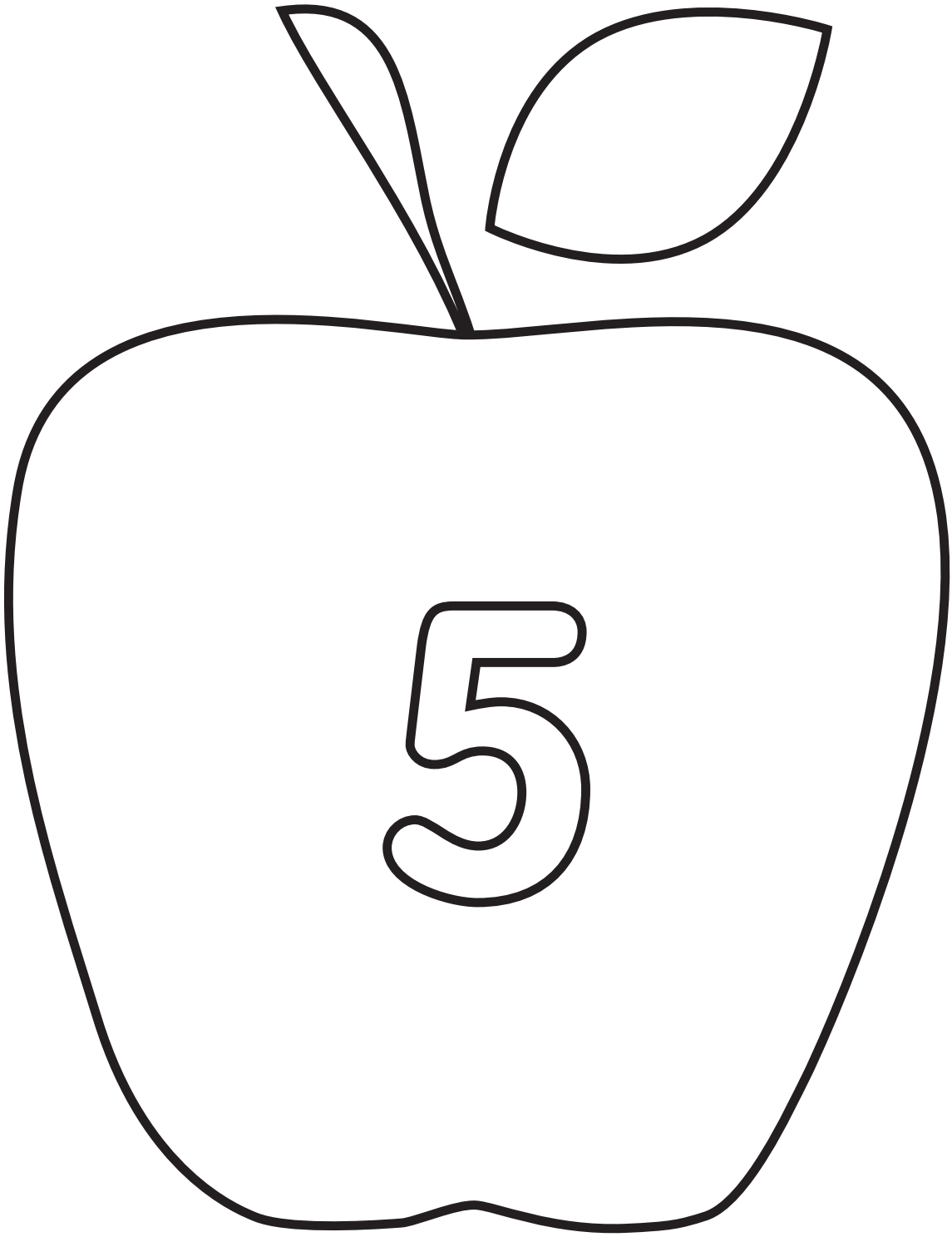
# TWO




## HOURS OR LESS OF SCREEN TIME

**Set limits. No TV in the bedroom. Turn off TV at mealtimes. Use a timer to limit computer games.**

# FIVE




OR MORE FRUITS &
VEGETABLES EVERY DAY

**Fresh, frozen, canned and dried fruits and vegetables all count.**