Healthy Lifestyles

5-2-1-0 Rule

5

Five or more servings of fruit and vegetables per day

Fruits and vegetables contain many nutrients that our body needs, and they should take the place of high-calorie foods, like chips, cookies, and candies. Eating five or more servings of fruit and vegetables a day significantly lowers the risk of becoming overweight. In addition, eating a high fruit and vegetable diet decreases risk of cancer, diabetes and heart disease. Ensure everyone in your home eats fruits and vegetables at every meal and as a snack.

2

Two hours or screen time or less per day

Those who watch more than two hours of screen time (TV, computer, tablet, cell phone, video games) per day have a higher likelihood of becoming overweight. Limit screen time to two hours or less per day and stay active. Children should not be allowed to watch TV before 2 years of age, and there should be no TV in a child's bedroom, no matter what the child's age.

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One hour of more of physical activity per day

There is significant improvement in both physical and mental health when there is physical activity daily. Encourage your child to be active by joining them in an activity they enjoy! Have a goal of 60 minutes a day of moderate physical activity.

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No sugar sweetened beverages per day

Sugar-sweetened beverages such as soft drinks, fruit drinks, punches, flavored milks, sports drinks and flavored coffees. These beverages are liquid candy and should rarely be served. Even though one hundred percent pure fruit juice may not contain added sugar, it may contribute to excess weight gain. Portions should be limited if not eliminated. Drink water and plain milk. Eat fresh fruit instead of drinking juice.

Practical Ideas:

- Be a good role model! Those around you will learn from your activity level.

- Ensure activities are fun for your child! Consider skating, hiking, biking, swimming, trips to the zoo or park, roller skating, etc.

- Involve children in household activities such as car washing, dog walking, lawn mowing, etc.

- Walk to school, the bus or shops when appropriate.

Harrisonburg Community Health Center

Adapted from Oregon Health & Science University
Content was edited for patient education literacy and clarity.