



# Healthy NH



Fruits and vegetables... more is better! Eat at least 5 servings a day. Limit 100% fruit juice.



Cut screen time to 2 hours or less a day.



Participate in at least one hour of physical activity every day.



Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings a day of skim or 1% milk.

