Create Goals Based on Ten Evidence-Based Messages

1. Support exclusive breastfeeding 4-6 months
2. Limit sweetened beverages
3. Eat 5 servings per day of fruits & vegetables
4. Engage in regular family meals 5-6 times/week
5. Limit portion sizes
6. Limit screen time to a maximum of 2hrs/day
7. Do not allow your child to have a television in his or her bedroom
8. Eat a nutritious breakfast every day
9. Eat out less often
10. Participated in moderate to vigorous physical activity for 60 minutes per day