



Child and Adolescent Healthy Weight and Nutrition Tips

- Limit sugary beverages
- Eat 5 servings of fruits and vegetables per day
- Get 60 minutes/day of moderate physical activity
- Maintain screen time of 2 hours/day or less
- Remove TV/computer from child's bedroom
- Eat breakfast daily
- Encourage family meals
- Decrease frequency of eating out
- Limit portion sizes
- Breastfeed your baby

NationwideChildrens.org/HealthyWeight



**NATIONWIDE
CHILDREN'S**

When your child needs a hospital, everything matters.SM