

What Is 5-2-1-0?

5-2-1-0 is a simple message for you and your family to eat healthy and be active.

5 fruits and veggies a day
2 hours or less of screen time
1 hour of active play
0 sweetened drinks

Why 5-2-1-0?

5—Eat 5 servings of fruits and vegetables each day

The vitamins and minerals in fruits and vegetables help kids grow. They also help fight off illness. Eating fruits and vegetables may prevent weight gain. They fill up a stomach with low-calorie, healthy foods.

2—Limit screen time (unrelated to school) to two hours or less everyday

Watching TV/video games occupies many children for several hours each day, and is associated with physical inactivity, eating too much, and obesity. The American Academy of Pediatrics (AAP) recommends that children under two years of age should not watch TV. Too much TV has been linked with low reading scores and attention problems.

1—Get one hour or more of moderate to vigorous physical activity everyday

Active play is fun and great for your child's health. Active kids will likely become active adults. What you teach them early will become part of how they live as an adult.

0— Limit sweetened drinks (to near 0 a day).

Soda, sports drinks, chocolate milk, and juice have a lot of sugar, which adds empty calories. High-intake of sugar-sweetened beverages among children is associated with overweight/obesity, displacement of milk consumption, and dental carries. Low-fat milk is best for kids. They don't need the extra fat and calories in whole milk. Whole milk is the single largest source of saturated fat in children's diets. Switching to low or non-fat milk products significantly reduces dietary saturated and total fat, as well as total calories.



Tips to Implement 5-2-1-0

To increase vegetable and fruit intake:

- Limit 100% fruit juice.
- Be prepared. Keep washed ready-to-eat produce on hand so it's always available.
- Be creative. Add diced tomatoes, carrots, broccoli, onions, and mushrooms to sauces, pizza and soups.
- Be a role model. Others are more likely to eat fruits and vegetables if they see you eating them.
- Don't give up. You may need to see or taste a food 7 to 10 times before you like it!

To limit screen time:

- Turn off the TV and computer. Substitute physical activity for one hour of TV viewing each day.
- Try something new. Pick a new activity that you can do once a week instead of watching TV or playing video games. Trips to the library, museum, local pool, and park or farmers market are great ideas.
- Tune into dinner, not the TV. Do not watch TV during mealtimes. Focus on eating together as a family.
- Keep TV's out of each bedroom in your house.

To increase physical activity:

- Make gradual changes each day to increase your activity level.
- Keep it fun! Do activities that you enjoy and encourage your children to do the same!
- Be consistent. If you decide on the "1 hour rule" or set aside a specific time for activity...stick to it!

To limit sweetened beverages:

- Mix half water and half juice. This way you can enjoy the flavor with only half of the sugar.
- Pass on soda and sugar-sweetened sports and fruit drinks. It has little nutritional value, adds calories to your diet, increases the occurrence of cavities, and may increase your risk for bone fractures later in life.
- Drink Water! Water is the best choice! Not only is it the most healthful drink, it is also the cheapest.
- Drink 3-4 servings/day of fat-free/skim or 1% milk.

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