

5-2-1-0: All You Need to Remember for Raising Children with Healthy Weights

Advice on proper nutrition and physical activity can be confusing and at times overwhelming. 5-2-1-0 simplifies this information into four simple guidelines. Here are some tips to help you and your kids adopt the 5-2-1-0 guidelines:

Enjoy - 5 or more vegetables and fruits every day

- Choose vegetables and fruit for snacks most of the time. Avoid snacks high in sugar, fat and salt.
- Try beginning dinner with a salad or raw vegetables.
- Keep a bowl of fruit out for the kids to grab as an easy snack.
- Children are healthier when they eat with their family – eat dinner together.
- Introduce new foods to your children but remember, it may take many attempts before they enjoy a new taste.
- Get the whole family involved with preparing and cooking food.



Power down - no more than 2 hours of screen time a day

- Power down TV's, video games, computers and other electronics and power up family games, outings and activities.
- Enjoy quality family time during meals: turn off the TV, and focus on each other.
- Keep board games, books and puzzles on hand as an alternative to TV.
- Post the drop-in swim, skate and gymnasium schedules on the fridge for quick reference.
- Schedule "outdoor" time each day. Keep a bag of play and sport equipment handy to bring outside.



Play actively – at least 1 hour each day

- Children need to move and play as much as possible; provide the space and time for active play.
- Choose fun, active family outings such as ice skating or playing games at the park.
- Teach children basic sports skills like throwing, running and jumping.
- Set an example and live an active lifestyle. Children of active parents are more likely to be active themselves.
- Involve children in household chores such as washing the car, walking the dog or vacuuming.
- Walk or roll to school, to the store or to the park whenever possible.



Choose healthy – ZERO sugar- sweetened drinks

- Get your calories from healthy foods and your liquids from water.
- Avoid sugar-sweetened beverages, like pop and fruit punch. They provide little nutritional value and are packed with calories.
- Offer children water throughout the day. Try fresh slices of lemon or cucumber to add a refreshing flavour to water.
- Plain milk is a healthy alternative to sugary drinks. Refer to Canada's food guide to learn how much milk and milk alternatives your child needs each day.
- Real, unsweetened fruit juice can be offered as an occasional treat. Be sure to limit juice to one small glass (125 ml).
- Pack a reusable water bottle in your child's lunch or sports bag.
- Caffeine, energy and sports drinks are not recommended for children.



Additional Resources

- For more resources for healthy kids visit www.scopebc.ca/lives210



A healthy community for children is one where the healthy choice the easy choice! SCOPE, together with Participate Prince George, is working to create a future where children eat healthy and are physically active, supported by a healthy community environment

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