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# THE RIGHT COMBINATION

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ADAPTED FROM THE MAINE CENTER FOR PUBLIC HEALTH *KEEP ME HEALTHY* PROJECT

## Follow these tips *every day* to keep your child healthy:

- 5** servings of fruits and vegetables daily, like carrots and apples.
- 2** hours or less in front of an electronic screen like TV, video game or computer daily because being active means less TV time.
- 1** hour of walking, cycling and playing ball is good for their health.
- 0** sugary drinks, help your child choose drinks without any added sugar.

**T**o create a personal meal plan for your child, visit [www.mypyramid.gov](http://www.mypyramid.gov). This website is based on the *MyPyramid for Kids* and it will make a plan based on your child's age and activity level. If you would like to talk with a registered dietitian for medical nutrition therapy, or if you are interested in weight management information for your child, call **1-866-503-5828**.