



THE RIGHT COMBINATION

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.

To create a personal meal plan for your child, visit 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**.