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.