ABC’s of a Healthy Me

Active play

- Every day, inside and out

Breastfeeding

- Support and access to a private space

Cut down on screen time

- None for children under age 2
- No more than 30 minutes a week for children ages 2 years and older

Drink milk and water

- Offer milk at meals and make water always available to quench thirst

Eat healthy foods

- Fruits, vegetables, whole grains, lean meats and protein, low-fat dairy

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