

# Fight Childhood Obesity: What Parents Can Do

## Follow the 5-2-1-0 rule EVERYDAY!



### [EAT RIGHT] 5 or more fruits & vegetables

- Children who eat **five or more** servings of vegetables and fruits a day are significantly less likely to develop overweight and obesity than children who eat less than 3 servings per day.
- Avoid frying - try steaming, baking, stir-frying
- Offer new fruits and vegetables and encourage everyone in the family to try a few bites each time. It can take 7-10 tries to like a new food



### [WATCH LESS] 2 hours or less of screen time per day

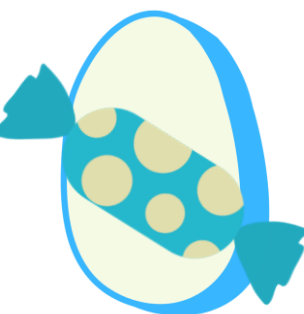
- Set some basic rules, such as no TV/computer during mealtime
- Make a list of fun activities to do instead of being in front of a screen, such as ride a bike, take your kids to the park or beach, go to the library, read a book or magazine

**Healthy Screen Time:**  
**Zero** screen time under the **age of 2**  
**1 hour** screen time between **ages 2-5**  
**2 hours or less** screen time per day after the **age of 5**



### [GET ACTIVE] 1 hour or more of physical activity

- Do short amounts of physical activity several times a day until they add up to **60 or more minutes** each day
- Physical activity should be easy and fun, such as swimming, walking, running, dancing, hiking, gardening
- Join an exercise group or class. Sign your children up for community sports teams or lessons



### [CUT DOWN] Limit sweetened drinks to near 0

- Limit sweetened beverages such as soda, sweetened tea, sports drinks, fruit punch and other fruit-flavored drinks
- Drink water and fat-free or low-fat milk
- Keep a water bottle on hand

#### How Much Water Should Children Drink A Day?

**CHILDREN (4-8 years old)**  
5 cups/day(40 oz)

**CHILDREN (9-13 years old)**  
7-8 cups/day(56-64 oz)

**CHILDREN (14-18 years old)**  
8-11 cups/day(64-88 oz)



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