This Summer
Eat Smart To Play Hard!

CHOOSE MORE FRUITS AND VEGETABLES
Color your plate with great tasting fruits and vegetables at meals and snacks.

GET ACTIVE
Get at least 60 minutes of physical activity every day.

LIMIT SCREEN TIME
Limit your computer, phone, TV, and video game time to no more than 1-2 hours a day.

DRINK SMART, TOO!
Thirsty? Choose water instead of sugar-sweetened beverages.