

## 5-2-1-0 MESSAGE

# THE SCIENTIFIC **RATIONALE**



### **5 or more fruits and vegetables**

A diet rich in fruits and vegetables provides vitamins and minerals which is important for supporting growth, development, and optimal immune function in children. High daily intake of fruits and vegetables among adults is associated with lower rates of chronic diseases such as heart disease, stroke, high blood pressure, diabetes, and some types of cancers. Emerging science suggests fruit and vegetable consumption may help prevent weight gain, and when total calories are controlled, may be an important aid to achieving and sustaining a healthy weight.



### **2 hours or less recreational screen time\***

Watching too much television and using other screen media is associated with an increased prevalence of overweight and obesity, lower reading scores, and attention problems. The American Academy of Pediatrics (AAP) recommends placing sensible, consistent limits on screen media use for children ages 5 and older, limiting screen use to one hour for children ages 2-5, and keeping those younger than 18 months away from screens outside of video chatting. The AAP also recommends keeping media devices out of the bedroom.



### **1 hour or more of physical activity**

Regular physical activity is essential for weight maintenance and prevention of chronic diseases such as heart disease, diabetes, colon cancer, and osteoporosis. While most school age children are quite active, physical activity sharply declines during adolescence. Children who are raised in families with active lifestyles are more likely to stay active as adults than children raised in families with sedentary lifestyles.



### **0 sugary drinks, more water**

Sugar-sweetened beverage consumption has increased dramatically since the 1970s. High intake among children is associated with overweight and obesity, displacement of milk consumption, and dental cavities. The AAP recommends no more than 4 ounces of 100% juice per day for children ages 1-3 years, no more than 4-6 ounces for children ages 4-6 years, and no more than 8 ounces for those 7 years and older. Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks.

\* Screen time includes time spent watching television, playing video games, using a computer, smartphone, and tablet. Recreational screen time is screen time used for non-educational purposes.

#### **SOURCES**

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**LET'S GO!**

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