

# ABC's of a Healthy Me

## A Active play

- Every day, inside and out

## B Breastfeeding

- Support and access to a private space

## C 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

## D Drink milk and water

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

## E Eat healthy foods

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



*Funding for this publication was made possible by the Centers for Disease Control (CDC). Nemours is currently funded by the CDC under a five-year Cooperative Agreement (1U58DP004102) to support states in launching ECE learning collaboratives focused on obesity prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department of Health and Human Services, Centers for Disease Control and Prevention, or the U.S. Government.*

