

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



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