Your child can be healthy and have fun when you:

- Do not let your child drink sweetened juices, punches, or soda drinks.
- Drink no more than 2 cups of 1% milk a day.
- Spend less than 2 hours a day watching TV or playing on the computer.
- Play together for 60 minutes a day.
- Eat breakfast everyday.
- Eat fruits and vegetables everyday.
- Let your child stop eating when they feel full.
- Eat together.

Set a good example. Children learn from watching you!