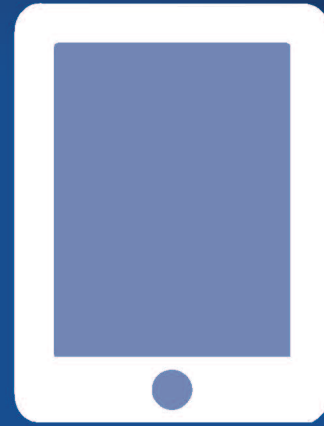




5 OR MORE FRUITS
AND VEGETABLES.



2 HOURS OR LESS
OF SCREEN TIME.



1 HOUR OR MORE OF
PHYSICAL ACTIVITY.



0 SUGARY DRINKS—
MORE WATER.

Healthy Choices Count!

How do Iowa kids stay healthy? They Live 5-2-1-0!
It's a fun way to make being healthy easy.

iowahealthieststate.com/5210



IS A PROUD PARTNER OF 5-2-1-0 HEALTHY CHOICES COUNT