

 <p>5 OR MORE FRUITS AND VEGETABLES.</p>	 <p>2 HOURS OR LESS OF SCREEN TIME.</p>
 <p>1 HOUR OR MORE OF PHYSICAL ACTIVITY.</p>	 <p>0 SUGARY DRINKS— MORE WATER.</p>

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

Partner logo should be centered within the grey area as seen (grey box is to give placement location only and should not be printed).

Partner logo should be no wider than 2.75 inches and no taller than 1.25 inches.