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**Five or more
servings of fruits
and vegetables
per day**



Copyright © 2007 The Nemours Foundation. All Rights Reserved.

**No more than
two hours per
day in front of
a screen**



Copyright © 2007 The Nemours Foundation. All Rights Reserved.

**At least one hour
of physical
activity per day**



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**Almost no
sugary beverages
like soda and
sports drinks**



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