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



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**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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