

Fact Sheet on Healthy Eating

9 5 2 1 0
for Health™

The Northern Virginia Healthy Kids Coalition is promoting healthy lifestyles for children & youth through the 9-5-2-1-0 for Health™ message. In this fact sheet we focus on healthy eating. Remember healthy eating is an important part of the 9-5-2-1-0 for Health™ message:

- 9** Get at least 9 hours of sleep per day
- 5** **Eat 5 servings of fruits and vegetables per day**
- 2** Limit screen time to no more than 2 hours per day
- 1** Get at least one hour of physical activity per day
- 0** Avoid beverages with added sugar

What makes up a balanced diet?

The US Dietary Guidelines for Americans states a healthy diet is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- See the references for these studies at www.NorthernVirginiaHealthyKids.org.

Why are fruits and vegetables important?

Fruits and vegetables are important because:

- Most fruits and vegetables are low in calories, contain essential nutrients, and provide dietary fiber.
- Fruits and vegetables play an important role in preventing chronic diseases.
- See the references at www.NorthernVirginiaHealthyKids.org.

How many fruits and vegetables do children & youth need?

- Fruit and vegetable needs depend upon daily calorie needs. Calorie needs are based on age, sex, and physical activity levels.
- The Office of Surgeon General recommends that children/adolescents eat five servings of fruits and vegetables per day.
- Children should eat from the five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- See the references at www.NorthernVirginiaHealthyKids.org

What can I do to promote healthy eating for children & youth?

- Model the way by eating a healthy diet.
- Educate kids, parents, & caregivers about the importance of fruits and vegetables for good health.
- Learn more about the Northern Virginia Healthy Kids Coalition at www.NorthernVirginiaHealthyKids.org.



Healthier, together.