

Information is relevant for children aged

2-17 years

# 8 Healthy Habits

Drink water instead of soft drink, juice or cordial

Get enough sleep

Recommended over 24 hours:  
10-13 hours for 3-5 years;  
Recommended per night:  
9-11 hours for 5-13 years;  
8-10 hours for 14-17 years.

Aim to eat at least 5 serves of vegetables and 2 serves of fruit every day

For 2-3 year olds, eat 2½ serves of vegetables and 1 serve of fruit.

Be active for at least 1 hour a day, every day

Start each day with a healthy breakfast



Choose healthier snacks and fewer treat foods

Limit screen time

No more than 1 hour a day for 2-5 year olds, and up to 2 hours a day for children 6 years and older.

Know your portion/serve size



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for professionals

For more healthy habit tips visit [makehealthynormal.nsw.gov.au](http://makehealthynormal.nsw.gov.au)  
For health professional resources visit [pro.healthykids.nsw.gov.au](http://pro.healthykids.nsw.gov.au)

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