

8 Healthy Habits

Drink water instead of soft drink, juice or cordial

Get enough sleep

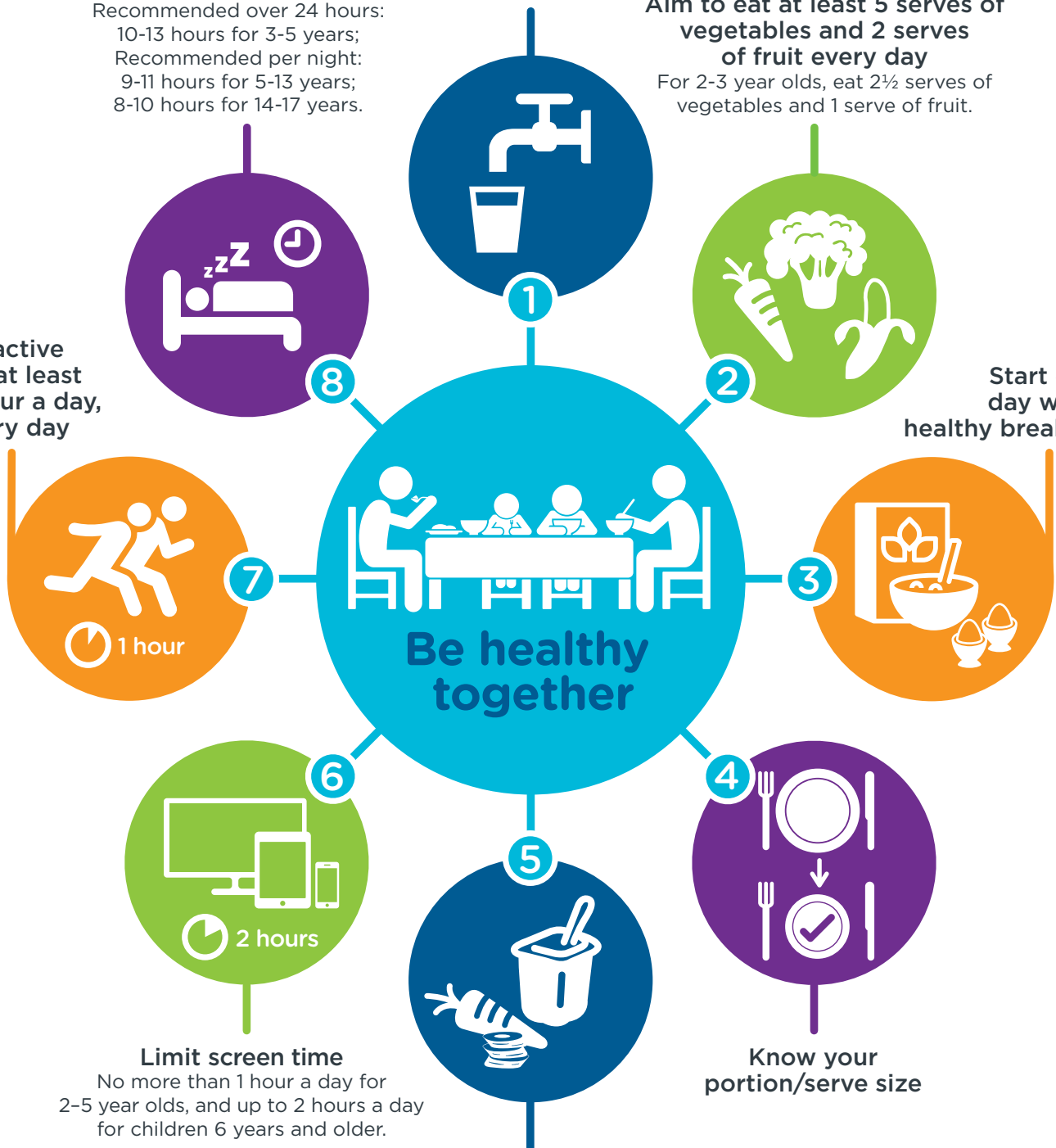
Recommended over 24 hours:
10-13 hours for 3-5 years;
Recommended per night:
9-11 hours for 5-13 years;
8-10 hours for 14-17 years.

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



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.

Choose healthier snacks and fewer treat foods

Know your portion/serve size