8 Healthy Habits

Information is relevant for children aged 2 years and older

1. Drink water instead of soft drink, juice or cordial

2. 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)

3. Start each day with a healthy breakfast

4. Know your portion/serve size

5. Choose healthier snacks and fewer treat foods

6. 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)

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

8. 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)

For more healthy habit tips visit makehealthynormal.nsw.gov.au
For health professional resources visit pro.healthykids.nsw.gov.au