8 Healthy Habits

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. Be healthy together

Information is relevant for children aged 2-17 years

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