



Dedicated to the Prevention of Childhood Obesity

Make **HEALTHY CHOICES** for Life! <sup>SM</sup>

**C**hoose 5-A-Day servings of  
fruits & vegetables!

**H**ave more water & less sugary beverages!

**O**pt for healthy snacks!

**I**ncrease active play &  
decrease screen time!

**C**hoose 3-A-Day servings of  
low-fat dairy products!

**E**njoy a healthy breakfast!

**S**erve a smart portion size!



[www.oliverfoundation.org](http://www.oliverfoundation.org)

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