

## The 5-2-1-0 Rule for Preventing Childhood Obesity

In the past 30 years, childhood obesity rates have almost tripled. It is estimated there are now approximately 1.6 million children and adolescents in Canada and 12.5 million children and adolescents in the United States who are obese.

The Childhood Obesity Foundation has outlined 4 simple steps in preventing childhood obesity:

- 5** – Fruits and vegetables or more per day
- 2** – Hours of screen time or less per day
- 1** – Hour of physical activity or more per day
- 0** – Sugar sweetened beverages per day



Source: <http://www.childhoodobesityfoundation.ca/#>

[www.visportsnutrition.ca](http://www.visportsnutrition.ca) - photo