

A Healthy Lifestyle

A healthy lifestyle doesn't have to be hard, try these simple tips...



Make half of your plate fruits and vegetables



Limit grains to 3 servings per day (2 slices of bread or pizza, 1 cup of cereal, cooked rice, pasta, or oatmeal)



Include a protein at every meal



Drink low-fat milk or water only, avoid naturally or artificially sweetened beverages



Aim for a cumulative of 60 minutes of exercise daily



Reduce intake of fats, butters, oils, and salts as much as possible



Limit Screen Time:

Ages < 2: Extremely Limited and with adult supervision

Ages 2-5: Limit to < 1 hour per day

Ages 5+: Limit to < 2 hours per day



Visit our website for more information about support groups, clinical trials and lifestyle information.

To schedule a Pediatric Wellness appointment, please call 303.398.1355

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NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

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