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- Healthy Habits Survey Ages 10–18
- Resources

Office Tools:

- Let's Go! 5-2-1-0 Poster
- Healthy Eating and Physical Activity Booklists

Patient Tools:

- Healthy Sleeping Habits
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- Breakfast Is Best!
- To Have Fruits and Vegetables Year-Round, Add Frozen or Canned
- Get Your Portions in Proportion

