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Physical Play Every Day! (1 year to 2 years)

Screen Time and the Very Young

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5 Eat at least five fruits and vegetables a day.

A Meal Is a Family Affair

How To Add Fiber to Your Meals

The Fittest Food

Breakfast Is Best!

To have fruits and vegetables year-round, add frozen or canned

Maine Seasonal Food Guide

What's a Healthy Portion?

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Go Foods, Slow Foods, Whoa Foods

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Fuel Learning with Milk, Cheese and Yogurt

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2 Limit recreational TV or computer use to two hours or less.

Promote Healthy Viewing Habits

Step Away from the Screen!

Unplugged!

Take Control of TV and Other Screen Time

Facts and Figures About Our TV Habit

Active Video Games: Good for You?

1 Get one hour or more of physical activity every day.

Fun Ways to Be Physically Active

Take It Outside!

Take It Outside! With Maine State Parks Flyers

Physical Play Every Day! (2 years to 3 years)

Physical Play Every Day! (Ages 3 and 4 years)

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0 Drink water and low fat milk; limit or eliminate sugary beverages.

Calcium Counts!

Water is Fuel For Your Body

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Enlightening Facts About Juice

Sports and Energy Drinks

Drink Your Milk Quiz & Answer Key

Have a Drink Plan

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Come prepared for your child's blood pressure reading

Non-Food Rewards at Home

Healthy Sleep Habits

Choose MyPlate Brochure

Choose MyPlate 10 Tips to a Great Plate

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Nutrition Coordinator Request Form

Insert: Healthy Favorites: A Booklet Full of Healthy Tips and Recipes