Little Changes. Big Rewards.
Another way MCIR keeps your child healthy.

Health care providers and families working together for healthy weight in kids

5 Fruits and vegetables...more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% fruit juice.

2 Limit screen time to 2 hours or less a day.

1 Get in at least one hour of moderate to vigorous physical activity every day.

0 Drink less sugar. Try water and low-fat milk instead of sugar-sweetened drinks.