



**choose fruits
& vegetables**



play active games

Who can make **it** happen?



Ways to Enhance Children's Activity & Nutrition



plan active outings



share low-fat meals

ALL PARENTS CAN!

For a free handbook with food, activity and screen time tips, visit <http://wecan.nhlbi.nih.gov> or call 1-866-35-WE CAN.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health