



**choose fruits & vegetables**

Who can  
make **it**  
happen?



**we can!**

Ways to Enhance Children's Activity & Nutrition



**play active games**

**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