



choose fruits & vegetables



play active games



plan active outings



share low-fat meals

Who can  
make **it**  
happen?



# 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-WECAN.



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