CATCH 5 For a Healthy Weight

Drink Water Instead of Soda or Fruit Drinks

Eat Healthy Snacks

Choose Fat-Free or Low-Fat Milk or Dairy Products Daily

Eat at Least 2 Cups of Fruits & Vegetables Each Day

Move More and Sit Less

1 2 3 4 5

WHAT CHOICES ARE YOUR FAMILY READY TO MAKE?

TEXAS WIC Smart Choices • Healthy Families

Houston Department of Health and Human Services

Harris County Hospital District

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