

# Healthy Targets for Hawaii's Keiki



## Be active, move more

Children: 1 hour everyday at moderate or vigorous levels  
Adults: Half an hour everyday at moderate levels



## Sleep more

Children: 11-13 hours everyday  
Adults: 7-9 hours everyday



## Eat more fruits and veggies

Children: 1 cup fruit and 1 heaping cup veggies everyday  
Adult women: 2 cups fruit and 2 1/2 cups veggies everyday  
Adult men: 2 cups fruit and 3 cups veggies everyday



## Drink more water

Children: 4-5 cups or 32-40 ounces everyday  
Adult women: 9 cups or 72 ounces everyday  
Adult men: 13 cups or 104 ounces everyday



## Limit sugar-sweetened beverages

Children: Almost none every week  
Adults: Almost none every week



## Limit screen time

Children: Less than 2 hours everyday  
Adults: Less than 2 hours everyday

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