



THE CITY OF NEW YORK

DEPARTMENT OF HEALTH AND MENTAL HYGIENE

Michael R. Bloomberg
Mayor

Thomas R. Frieden, M.D., M.P.H.
Commissioner

nyc.gov/health

New York City Health Child Care Nutrition and Physical Activity Regulations At-a-Glance

Physical Activity

- 1-3 years old: **60 minutes of physical activity per day**
- ≥ 3 years old: **60 minutes, with 30 of the 60 minutes guided and structured** physical activity

Television Viewing

- < 2 years old: **Restricted**
- ≥ 2 years old: **60 minutes or less per day.**
- **Only educational programs** or programs that **actively engage child movement**

Nutrition/ Beverages

No beverages with added sweeteners

Juice:

- Only to children ≥ 8 months old
- Not provided in a bottle
- Only **100% fruit juice**
- No more than **6 ounces per day**

Milk:

- ≥ 2 years old: **only 1% or less milkfat**

Water:

- Made **available** and **easily accessible** to children throughout the day