

Healthy Food & Fun[®]

5 Tips for Healthy Families



- 1. LIMIT SCREEN TIME TO TWO HOURS PER DAY** Limit TV, computer, and video game time, outside of work and school.



- 2. PLAY (EXERCISE) EVERY DAY** Choose activities family members can enjoy separately and together.



- 3. DRINK WATER OR MILK INSTEAD OF SODA OR JUICE** Unsweetened water and low-fat or non-fat milk are the healthiest choices.



- 4. EAT 5 A DAY** Eat five half-cup servings of fruits and/or vegetables every day.



- 5. EAT DINNER AS A FAMILY** Eat at the table together with no television.



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**HUMPHREYS
DIABETES CENTER**

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Education and Research for Long, Healthy Lives

Humphreys Diabetes Center is affiliated with Saint Alphonse and St. Luke's regional medical centers