



Offer only water between meals to satisfy thirst and low fat milk with meals.



Make sure everyone in your family has a travel water bottle. Keep it filled and use it.



Avoid all types of sugary drinks. Eat whole fruit instead.

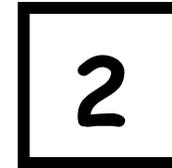
Adapted with permission from:
5210 Let's Go! Maine



La ClínicaSM



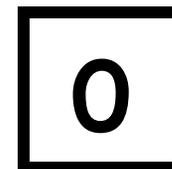
Five fruits and vegetables per day



Two hours or less of TV per day



One hour or more of physical activity



Drink fewer sweetened drinks
Try water and low fat milk



Pack a healthy lunch with fruits and vegetables for you and your family.



Leave the TV off after dinner. Take a walk, ride a bike, read a book or play a family game instead.



Schedule time after school for your child to play.



Choose fruits and vegetables as snacks and avoid fast food.



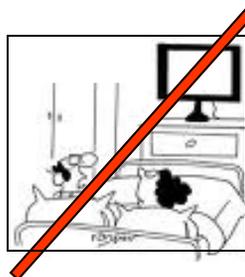
Limit your family's time watching TV, playing video games and on the computer.



Do physical activities together as a family, like a walk.



Eat together as a family and make it fun!



Take the TV out of everyone's bedroom, including your own. Be a role model.



If the weather isn't nice, turn on the music and dance!