



5-2-1-0: IDEAS FOR HEALTHIER LIVING

5-2-1-0: 健康生活密碼



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5 Eat at least **5** fresh fruits and vegetables each day.
每天最少吃 **5** 份新鮮水果和
蔬菜。



2 Limit TV, video games, and computer play to **2** hours or less per day.
每天看電視、玩電子遊戲、和用電腦的時間不超過 **2** 小時。



1 Get **1** hour or more of physical activity every day.
每天運動 **1** 小時或以上。



0 Drink **0** soda and juice. Try water and low-fat milk instead.
每天飲用 **0** 杯汽水和果汁。
嘗試用水和低脂奶代替。

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

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