Eating Smart and Moving More

are the keys to good health and a healthy weight.

Here are seven behaviors you can adopt today.

Breastfeed Your Baby

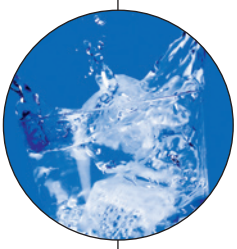
This year's #1 baby gift: breast milk.

Move More

Walk, dance, play, work in your yard. **30 minutes a day** can help you stay in shape and feel good.

Prepare More Meals at Home

Eating at Home = Eating Healthy.



Re-Think Your Drink

Try water with lemon or flavored, unsweetened drinks instead of sugary drinks.

Enjoy More Fruits and Veggies

Make fruits and vegetables half your plate.

Right-Size Your Portions

Larger portions = extra calories = extra pounds.

Tame the Tube—Get Moving

Trade TV for activity—walk, run, bike or play.

Eat Smart Move More NORTH CAROLINA™

The Eat Smart, Move More North Carolina logo reminds you that you can make the decision to eat smart and move more right now.

For recipes, tips, resources and ideas about how to Eat Smart and Move More, visit **www.MyEatSmartMoveMore.com**