



**I WILL
EAT AT
HOME
MORE!**

EMPOWER YOURSELF.

Cook up some fun tonight!

Preparing more meals at home is a great way to explore new flavors and food combinations. When you cook at home it is easier to add more whole grains and vegetables and to cut fat, salt and calories in your meal.

For easy, tasty recipes you will love, visit:

www.MyEatSmartMoveMore.com



**PREPARE
MORE MEALS
AT HOME**

**MOVE
MORE**

**WATCH
LESS TV**

**RIGHT SIZE
YOUR
PORTIONS**

**EAT MORE
FRUITS
& VEGGIES**

**DRINK MORE
WATER**