

I WILL EAT MORE FRUITS & VEGGIES!

EMPOWER YOURSELF.



More fruits & veggies make you feel great.

From juicy apples to crunchy carrots, fruits and vegetables are low in calories and loaded with vitamins and minerals. Fresh, frozen, dried, or canned – try something different everyday!

For delicious, sensible recipes visit:

www.MyEatSmartMoveMore.com



EAT MORE
FRUITS
& VEGGIES

RIGHT SIZE
YOUR
PORTIONS

WATCH
LESS TV

MOVE
MORE

PREPARE
MORE MEALS
AT HOME

DRINK MORE
WATER