

# 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](http://www.MyEatSmartMoveMore.com)



EAT MORE  
FRUITS  
& VEGGIES

RIGHT SIZE  
YOUR  
PORTIONS

WATCH  
LESS TV

MOVE  
MORE

PREPARE  
MORE MEALS  
AT HOME

DRINK MORE  
WATER