

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:

MyEatSmartMoveMore.com