

I WILL EAT RIGHT-SIZED PORTIONS!



EMPOWER YOURSELF.

Don't sweat it – you can do it!

A big meal adds extra calories, and extra calories mean more pounds on you! So think small. Use smaller plates and eat smaller bites to help you eat the right amount so you don't overeat. Slow down and take time to enjoy your meal. An enjoyable, right-sized meal will make you and your waistline happy.

For healthy recipes and tips, visit: www.MyEatSmartMoveMore.com



WATCH
LESS TV

RIGHT SIZE
YOUR
PORTIONS

MOVE
MORE

PREPARE
MORE MEALS
AT HOME

EAT MORE
FRUITS
& VEGGIES

DRINK MORE
WATER