

# I WILL EAT RIGHT-SIZED PORTIONS!

EMPOWER YOURSELF.



## The right portions fill you up...not out.

A big meal adds extra calories, and extra calories mean more pounds on you! Use smaller plates and eat smaller bites so you don't overeat. 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](http://www.MyEatSmartMoveMore.com)



RIGHT SIZE  
YOUR  
PORTIONS

MOVE  
MORE

WATCH  
LESS TV

PREPARE  
MORE MEALS  
AT HOME

EAT MORE  
FRUITS  
& VEGGIES

DRINK MORE  
WATER