

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:

MyEatSmartMoveMore.com