



# I WILL EAT AT HOME MORE!

EMPOWER YOURSELF.

## Cook up some fun tonight!

Preparing more meals at home is a great way to explore new flavors and food combinations. When you cook at home it is easier to add more whole grains and vegetables and to cut fat, salt and calories in your meal.

*For easy, tasty recipes you will love, visit:*

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



PREPARE  
MORE MEALS  
AT HOME

MOVE  
MORE

WATCH  
LESS TV

RIGHT SIZE  
YOUR  
PORTIONS

EAT MORE  
FRUITS  
& VEGGIES

DRINK MORE  
WATER