

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, canned – it all counts. With all the variety fruits and vegetables offer, you and your family can try something different everyday!

For delicious, sensible recipes visit:

www.MyEatSmartMoveMore.com



RIGHT SIZE
YOUR
PORTIONS

EAT MORE
FRUITS
& VEGGIES

MOVE
MORE

WATCH
LESS TV

PREPARE
MORE MEALS
AT HOME

DRINK MORE
WATER