6 Easy Ways to
Eat Better & Move More
Eat More Fruits and Veggies!

Add fruits and veggies to your meals and snacks. They are low in calories and packed with nutrients. Fresh, frozen, or canned – they all count!
Cut back on soda, juice and other sugary drinks. Try water, seltzer, or plain low/non-fat milk instead.
Cut down your portions. Use smaller plates, eat smaller bites, and take time to enjoy your meal so you don’t overeat.
Be active for at least 30 minutes on most days to stay in shape & feel good. Park further away, take the stairs, go for a walk - move more whenever you can!
Tame The Tube

Limit TV to two hours a day. Trade TV, phone and computer time for walking, running, biking, dancing or playing.
Breastfeed Your Baby

Nurse for a year after your baby is born. Breastfeeding can prevent childhood obesity and help moms reach their pre-pregnancy weight quicker!
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1. Eat More Fruits and Veggies
2. Re-Think Your Drink
3. Downsize Your Portions
4. Move More
5. Tame The Tube
6. Breastfeed Your Baby

For more information, visit www.mass.gov/massinmotion

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