**6 Easy Ways to Eat Better and 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!

**Re-Think Your Drink**

“Cut back on soda, juice and other sugary drinks. Try water, seltzer, or plain low/non-fat milk instead.”

**Downsize Your Portions**

“Cut down your portions. Use smaller plates, eat smaller bites, and take time to enjoy your meal so you don’t overeat.”

**Move More**

“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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**For more information, visit** [**www.mass.gov/massinmotion**](http://www.mass.gov/massinmotion)**.**