

# Ways to Eat Smart and Move More



- Eat foods from each food group each day.
- Use measuring cups to learn what 1 cup and 1/2 cup of food look like.
- Cut raw vegetables like broccoli and carrots into small sizes. Keep them in clear containers in the refrigerator for quick snacks.
- Broil, grill, roast, or microwave meat, poultry, or fish instead of frying.
- Eat fruit for dessert.
- Pick low-fat or fat-free milk or yogurt.  
(Recommended for persons over 2 years of age)
- Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn more often.

Write other ideas here:

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- Play active games like tag or jump rope with children.
  
- Walk with the kids to school each day.
  
- Take the stairs, not the elevator.
  
- Be physically active for at least 30 minutes most days of the week. Take a walk or jog at lunchtime or in the evening.
  
- Help kids be physically active at least 60 minutes every day, or most days. They can walk, dance, bike, play ball – it all counts.

Write other ideas here:

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