

# *Exercise Your Right To* **FEEL BETTER MINNESOTA**

*Balance **Energy In** from food and beverage...*

## **Eat more fruits and vegetables**

They refresh and restore – choose a rainbow of colors!

## **Whole grains, eat as many as you're able**

Look for whole grains on the ingredients list.

## **Cut down on fatty foods**

Select lean meats and small amounts of healthy fats.

## **Take smaller portions**

Practice portion control at home and eating out.



## **Choose water – the naturally nurturing drink**

It's free, healthy, and calorie-free.

*...with **Energy Out** from physical activity.*



## **Your body wants to move!**

30 minutes for adults each day,  
60 minutes for children and  
young people.



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