Eat Smart. Play Hard.
Eat Smart. Play Hard.
Move More Sit Less.
Pump up your energy level. Jump rope or ride a bike with your friends.
Turn on the stereo and dance around the house.
Enjoy walking, dancing, playing sports, or just moving around more.
USDA
Food and Nutrition Service
The USDA is an equal opportunity provider and employer.
Pack your favorite cereal and low-fat milk to go when in a hurry.
Grab an apple, an orange or any other fruit for a quick treat.
Munch on veggies, pretzels, or popcorn.
Quench your thirst with refreshing water or 100% juice.
Grab Quick & Easy Snacks
Eat a peanut butter and banana sandwich for a different breakfast.
Mix low-fat milk or low-fat yogurt with berries for a cool shake.
power up with breakfast!