A balanced diet with lots of colorful fruits and vegetables is healthy for your body and mind. These food items are a part of the **GO** category, which provide you with the best choices daily.

**GREEN FRUITS AND VEGETABLES**
- Okra helps to support strong bones and are high in vitamin K and calcium
- Eat times to improve your skin complexion
- Avocados are good for skin, hair, eyes, nails and lowering cholesterol levels

**ORANGE FRUITS AND VEGETABLES**
- Pumpkin promotes healthy growth and are high in vitamin E
- Papayas may reduce cancer risks

**YELLOW FRUITS AND VEGETABLES**
- Bananas help to maintain a healthy digestive system
- Papayas are great for helping your body fight off disease
- Pineapples are high in vitamin A and help protect night vision

**PURPLE FRUITS AND VEGETABLES**
- Passion fruits help boost your immune system
- Plums eaten with their skin on are high in fiber to keep your body regular
- Plums have cancer-fighting properties

**RED/PINK FRUITS AND VEGETABLES**
- Guavas are great for brain function
- Red bell peppers reduce risk for cancer and heart disease and are very high in vitamin C for immune support
- Pomegranates may prevent inflammation throughout the body

*Nova Southeastern University Quality of Life Grant funded [https://md.nova.edu/community-health/caribbean-health.html](https://md.nova.edu/community-health/caribbean-health.html)
It is best to cool off with a refreshing beverage that is **GOOD** for your body!

- **MILO CHOCOLATE MILKSHAKE**
  - 550 CALORIES
  - 15 TSP. SUGAR

- **FRESH FRUIT SMOOTHIE**
  - 800 CALORIES
  - 40 TSP. SUGAR

- **ICE WATER**
  - 0 CALORIES
  - 0 SUGAR

*Did you know?

- MILO CHOCOLATE MILKSHAKE
- FRESH FRUIT SMOOTHIE with condensed milk

*Nova Southeastern University Quality of Life Grant funded
https://md.nova.edu/community-health/caribbean-health.html
Research indicates that a regular walking program can help:

- Improve hearth health
- Improve weight
- Reduce cholesterol levels
- Improve mood
- Increase immunity

30 minutes of brisk walking = 150 calories burned

*Nova Southeastern University Quality of Life Grant funded
https://md.nova.edu/community-health/caribbean-health.html
JUMPING ROPE: IT’S NOT JUST FOR KIDS!

10 minutes of jumping rope = 1 mile of walking or jogging

JUMPING ROPE:
• Improves coordination and blood circulation
• Increases your heart and lung health
• Aids in weight loss

Did you know?

*Nova Southeastern University Quality of Life Grant funded
https://md.nova.edu/community-health/caribbean-health.html

Healthy Eating. Active Living
Did you know?

1 GUAVA PASTRY = 10 GUAVAS

379 CALORIES EACH

37 CALORIES EACH

PAPAYA SMOOTHIE (WITH EVAPORATED AND CONDENSED MILK) =

343 CALORIES

FRESH PAPAYA (1 CUP) =

60 CALORIES

*Nova Southeastern University Quality of Life Grant funded
https://md.nova.edu/community-health/caribbean-health.html
Did you know?

MAKING HEALTHY FOOD CHOICES IMPROVES OVERALL HEALTH

**Adult plate size:** 9 inches; fill 1/2 your plate with whole fruits and vegetables, vary your protein routine and choose whole grains

**Children plate size:** 7 inches (small); split the plate into 3 parts and use 2/3 for fruits, vegetables and whole grains and 1/3 for protein

*Nova Southeastern University Quality of Life Grant funded
https://md.nova.edu/community-health/caribbean-health.html
Did you know?

Healthy Eating, Active Living

HEALTHIER OPTIONS AND PORTION SIZE ARE IMPORTANT TOO.

Grilled Chicken Breast
3 oz.
Approximately 100 calories

Brown Rice
Approximately 100 calories

Salad w/avocado
1 cup
Approximately 150 calories (with light dressing)

Cooked Vegetables
1/2 cup
Approximately 40 calories

Fruit (Mango)
Single
Approximately 200 calories

(Sample lunch or dinner)

*Nova Southeastern University Quality of Life Grant funded
https://md.nova.edu/community-health/caribbean-health.html
Did you know?

A little **CINNAMON** goes a long way in spicing up your life...

- Improves blood sugar
- Lowers inflammation (swelling)
- Protects and repairs your body from damage

Try adding some cinnamon to different foods and beverages like:

- **PORRIDGE**
- **COFFEE**

Use Asian cinnamon varieties for added benefit.

---

*Nova Southeastern University Quality of Life Grant funded
https://md.nova.edu/community-health/caribbean-health.html*
Did you know?

Doing the activities you love improves strength & stress levels!

Jump Rope

Basketball

Baseball

Soccer/ Fútbol

Dance

*Nova Southeastern University Quality of Life Grant funded
https://md.nova.edu/community-health/caribbean-health.html

Healthy Eating, Active Living
Egg-cellent Choice!

Eggs:
• Rich source of Vitamin D, B2, B6 & B12
• Supports bone and immune health
• 3-6 eggs per week are good for your heart health
• Good source of minerals such as zinc, iron and copper

Food Tip:
• Pair eggs with healthy sides like avocado, tomatoes, onions and whole grain foods

*Nova Southeastern University Quality of Life Grant funded
https://md.nova.edu/community-health/caribbean-health.html

Healthy Eating, Active Living
GO!
BEST DAILY CHOICES
RICH IN NUTRIENTS
VERY HEALTHY

SLOW!
“OKAY” SEVERAL TIMES A WEEK
CONTAIN SOME NUTRIENTS
HEALTHY IN MODERATION

WHOA!
EAT ONLY NOW AND THEN
HIGH IN EMPTY CALORIES
NOT SO HEALTHY

*Nova Southeastern University Quality of Life Grant funded
https://md.nova.edu/community-health/caribbean-health.html
Healthy Food Guidelines: Color Coding System

For simplicity, foods and beverages have been grouped into three distinct categories:

**GO!:** Everyday enjoy highly nutritious foods including: fresh and frozen vegetables, legumes, whole fruits, whole grains, seafood, lean meats, nuts, seeds, unsaturated oils, water, unsweetened teas and low fat dairy without added sugar.

**SLOW!:** Occasionally have foods with good nutritional value that are lightly processed, including: refined grains such as pretzels, bagels and breads, red meat, whole fat dairy, dried fruits and 100% juice. These “Slow” foods are higher in sugar, saturated fat, sodium or calories.

**WHOA!:** Rarely eat highly processed foods with low nutritional value, including: most desserts, salty or sugary snacks, chips, candy, syrups, energy drinks, alcohol, and sugar sweetened sodas. These “Whoa!” foods are usually very high in saturated fat, hydrogenated oils, added sugar and/or sodium.

*Nova Southeastern University Quality of Life Grant funded*  
[https://md.nova.edu/community-health/caribbean-health.html](https://md.nova.edu/community-health/caribbean-health.html)