

The Colors of Health

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 limes to improve your skin complexion
- Soursops help keep the heart healthy
- 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
- Mangos are high in vitamin A and help protect night vision



YELLOW FRUITS AND VEGETABLES

- Bananas help to maintain a healthy digestive system
- Pineapples are great for helping your body fight off disease



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

Eat every color, your body will thank you!



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Did you know?

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

with
condensed milk



800 CALORIES
40 TSP. SUGAR

ICE WATER



0 CALORIES
0 SUGAR



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Healthy Eating, Active Living

Did you know?



WALKING CAN MAKE YOU HAPPIER

30 minutes of brisk walking = 150 calories burned

Research indicates that a regular walking program can help:

- Improve heart health • Improve weight • Reduce cholesterol levels
- Improve mood • Increase immunity



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Healthy Eating, Active Living

Did you know?

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



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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

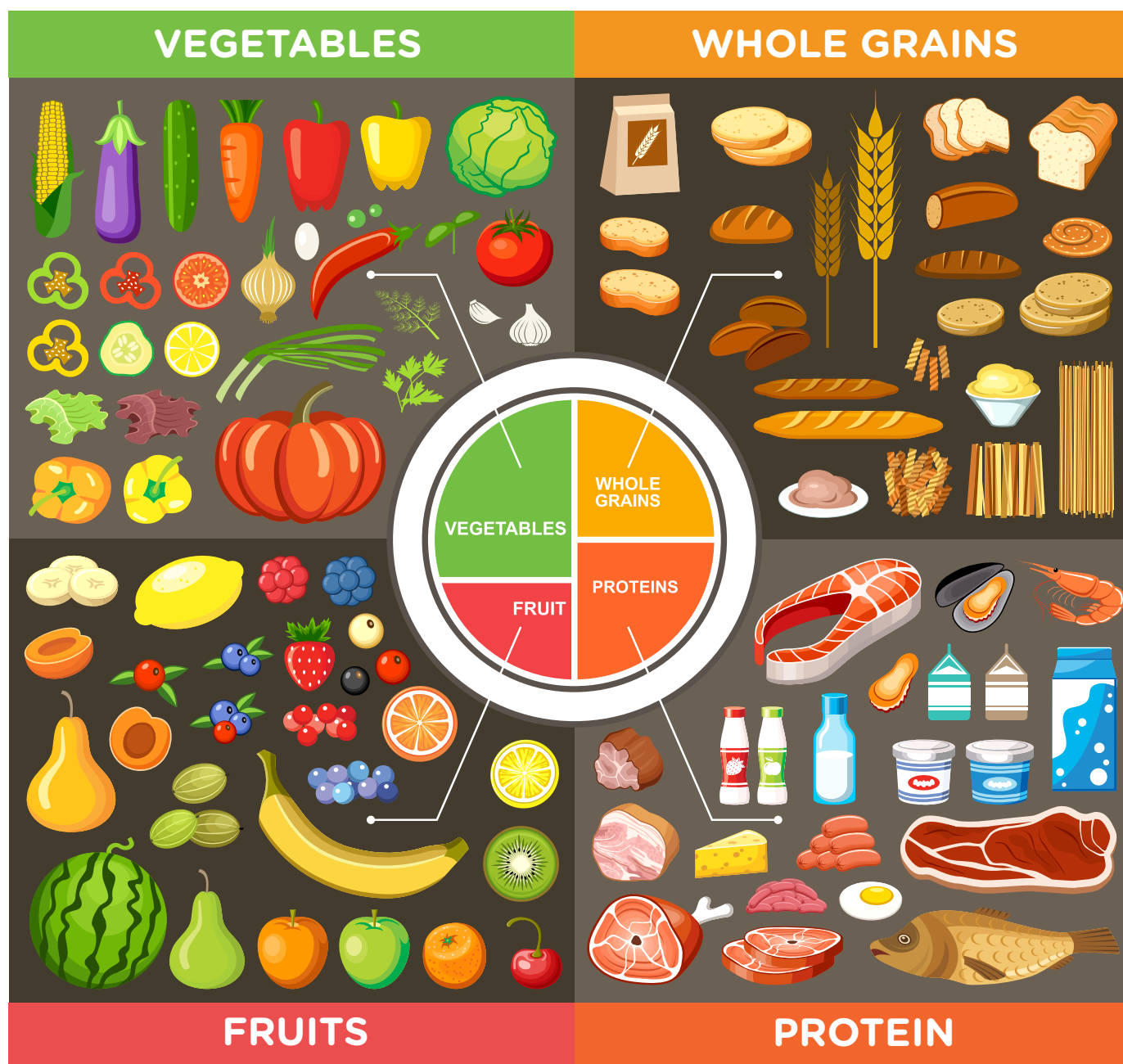


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Healthy Eating, Active Living

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



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Healthy Eating, Active Living

Did you know?

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)



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Healthy Eating, Active Living

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.



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Healthy Eating, Active Living

Did you know?

Doing the activities you love improves strength & stress levels!

Jump Rope



Soccer/
Fútbol



Basketball



Baseball



Dance



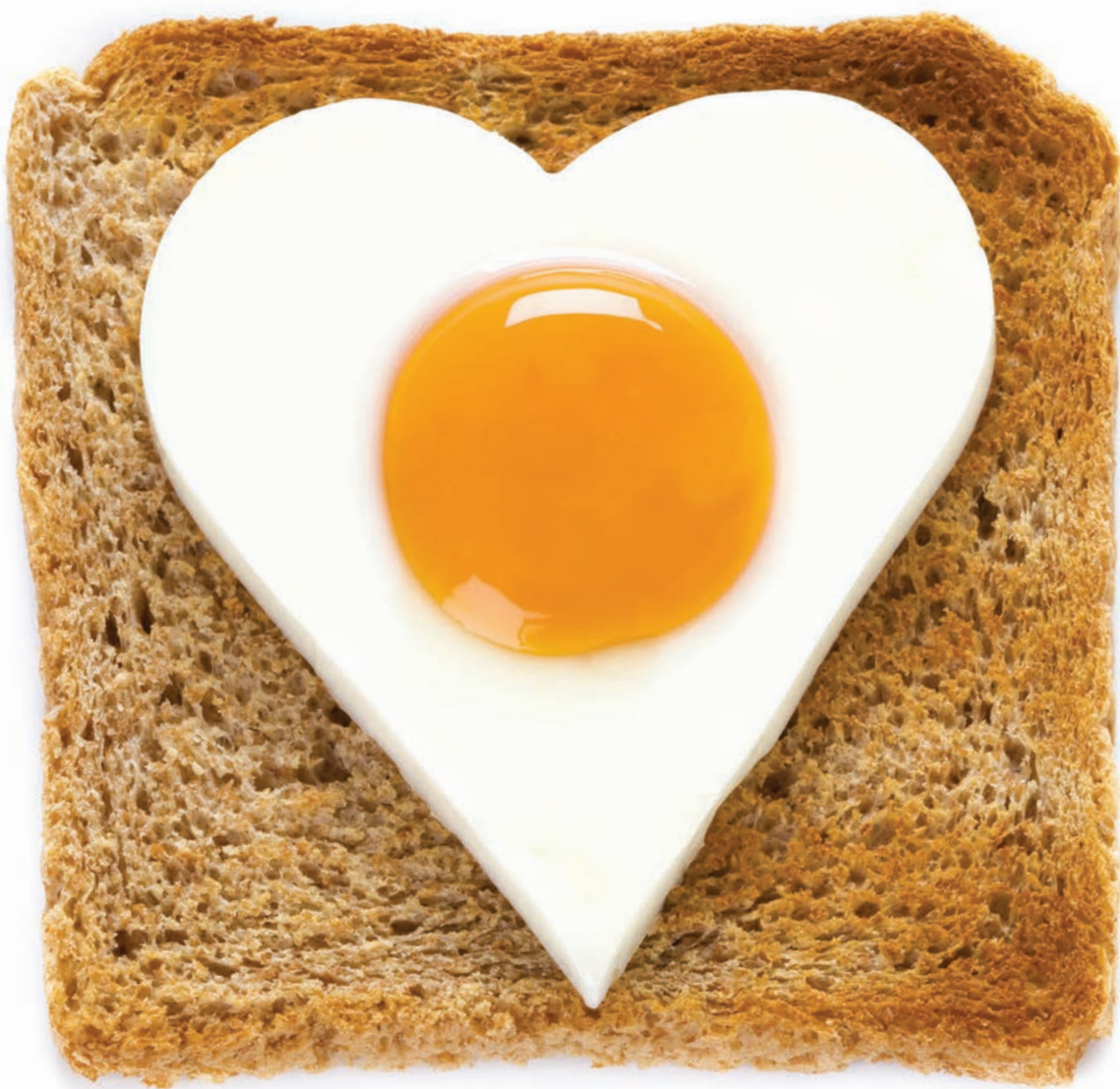
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Healthy Eating, Active Living

Did you know?

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



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Healthy Eating, Active Living



Use the *LIGHT* to eat *RIGHT*!

GO!

BEST DAILY CHOICES
RICH IN NUTRIENTS
VERY HEALTHY



No added sugar or condensed milk

SLOW!

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



Callaloo cooked with coconut milk

WHOA!

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



Carbonated malt drink



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<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.



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