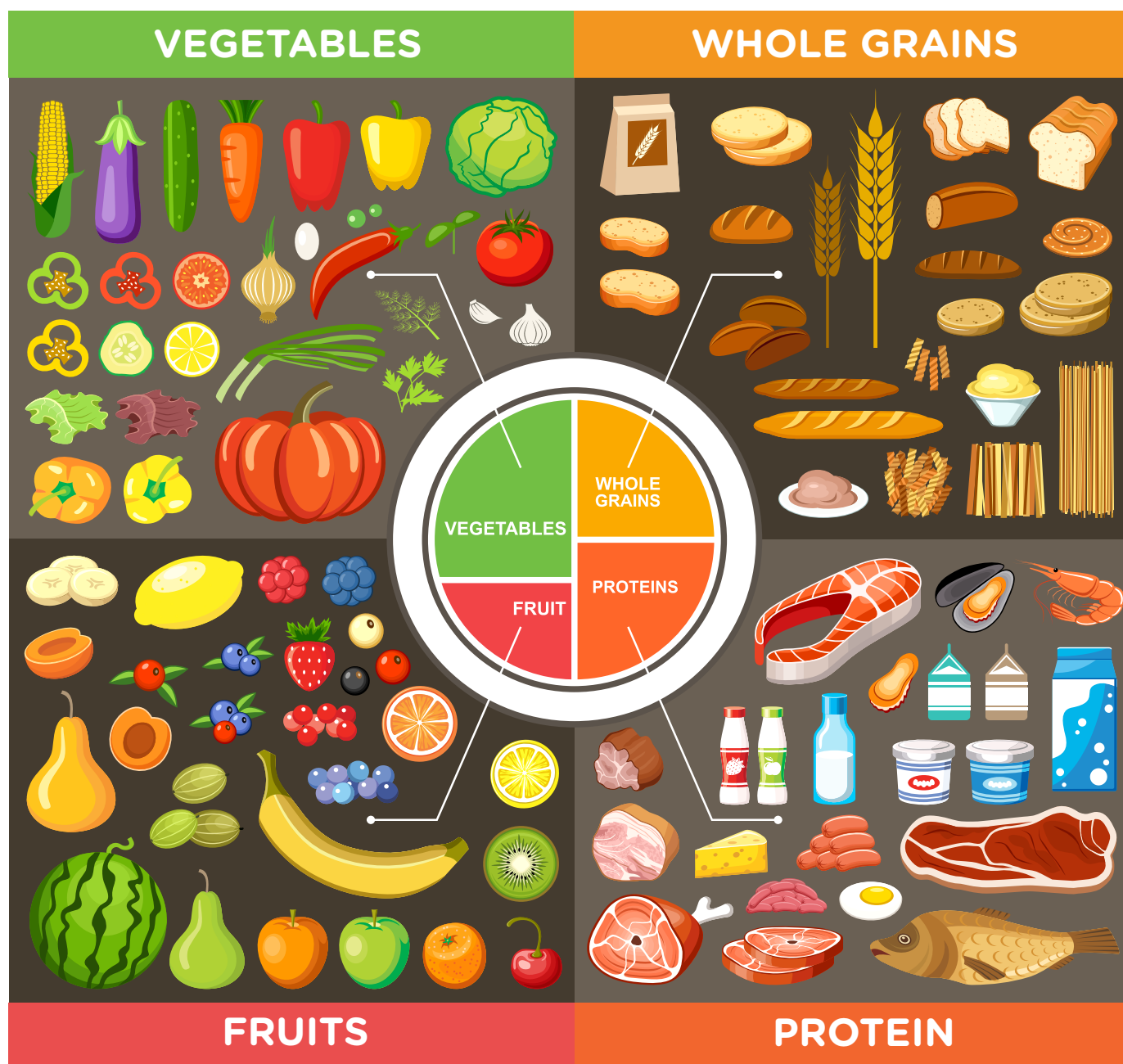


# Did you know?

## 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  
[www.NSUCaribbeanhealth.com](http://www.NSUCaribbeanhealth.com)

*Healthy Eating, Active Living*