

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



Healthy Eating, Active Living