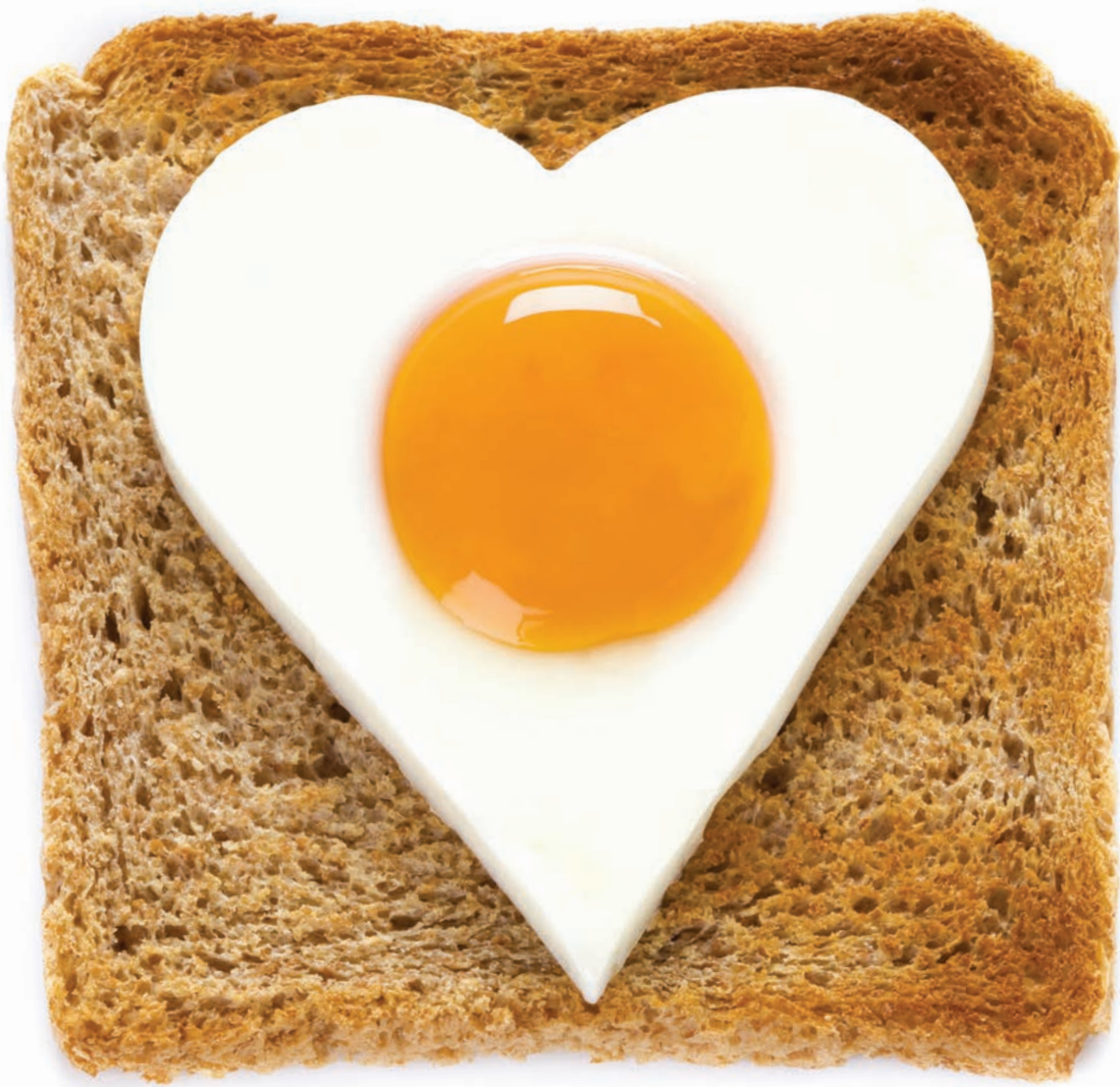


# Did you know?

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

*Healthy Eating, Active Living*