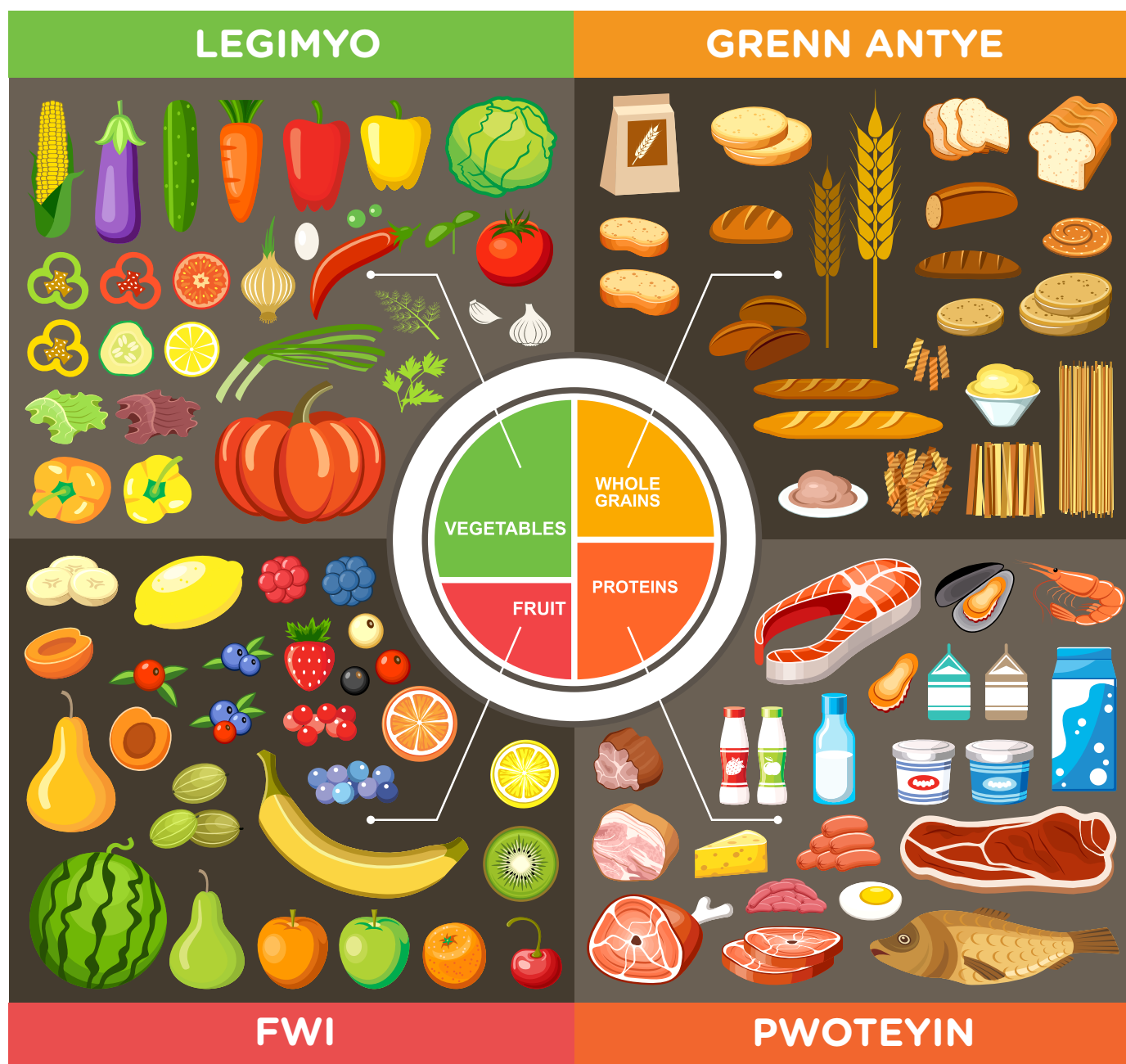


# Èske w te konnen?

## LÈ OU CHWAZI BON ALIMANTASYON, OU AMELYORE SANTE W



**Gwosè asyèt pou granmoun:** 9 pous; ranpli 1/2 (mwatye) asyèt ou ak fwi epi legim, varye rejim pwoteyin ou epi chwazi grenn antye

**Gwosè asyèt pou timoun:** 7 pous (pi piti); divize asyèt la an 3 pati epi itilize 2/3 pou fwi, legim ak grenn antye yo epi 1/3 pou pwoteyin



\*Nova Southeastern University Quality of Life Grant funded [www.NSUCaribbeanhealth.com](http://www.NSUCaribbeanhealth.com)

*Bòn alimantasyon, vi aktiv*