



- Obesity could soon **overtake smoking** as the leading killer of Americans
- More than **2.7 million African Americans** over 20 have diabetes, a condition that can be related to obesity – **1/3 of them do not even know it**
- Obesity rates have **doubled** among children and **tripled** among teenagers since 1980

an unhealthy diet can also lead to many chronic diseases and conditions, including type 2 diabetes, high blood pressure, heart disease,

stroke and some types of cancer. By simply making smarter, healthier choices, you can beat these risks.

Including fresh produce in your diet is your first step toward a healthier lifestyle. When you eat smart, not only will you be healthier, but you will look and feel better.

Easy as 1-2-3

Try this simple plan to start including more fresh produce into your diet

Eat 1 or more fresh vegetables ...with 2 meals a day ...for 3 months

It's easy! If you eat more produce and less processed food, you'll start to look and feel like a **healthier person**

The USDA recommends that everyone eat at least five servings of fruit and vegetables a day. That seems simple enough, yet only 25% of adults and 20% of children actually do this.

Why does this happen?

People may think that

eating the recommended amount of fruits and vegetables every day is too difficult. But it's really very easy.



Florida Fruit Parfait

- 1/2 cup vanilla nonfat yogurt**
- 1/4 cup Florida blueberries**
- 1/2 Florida mango**
- 1 tsp roasted pecans**

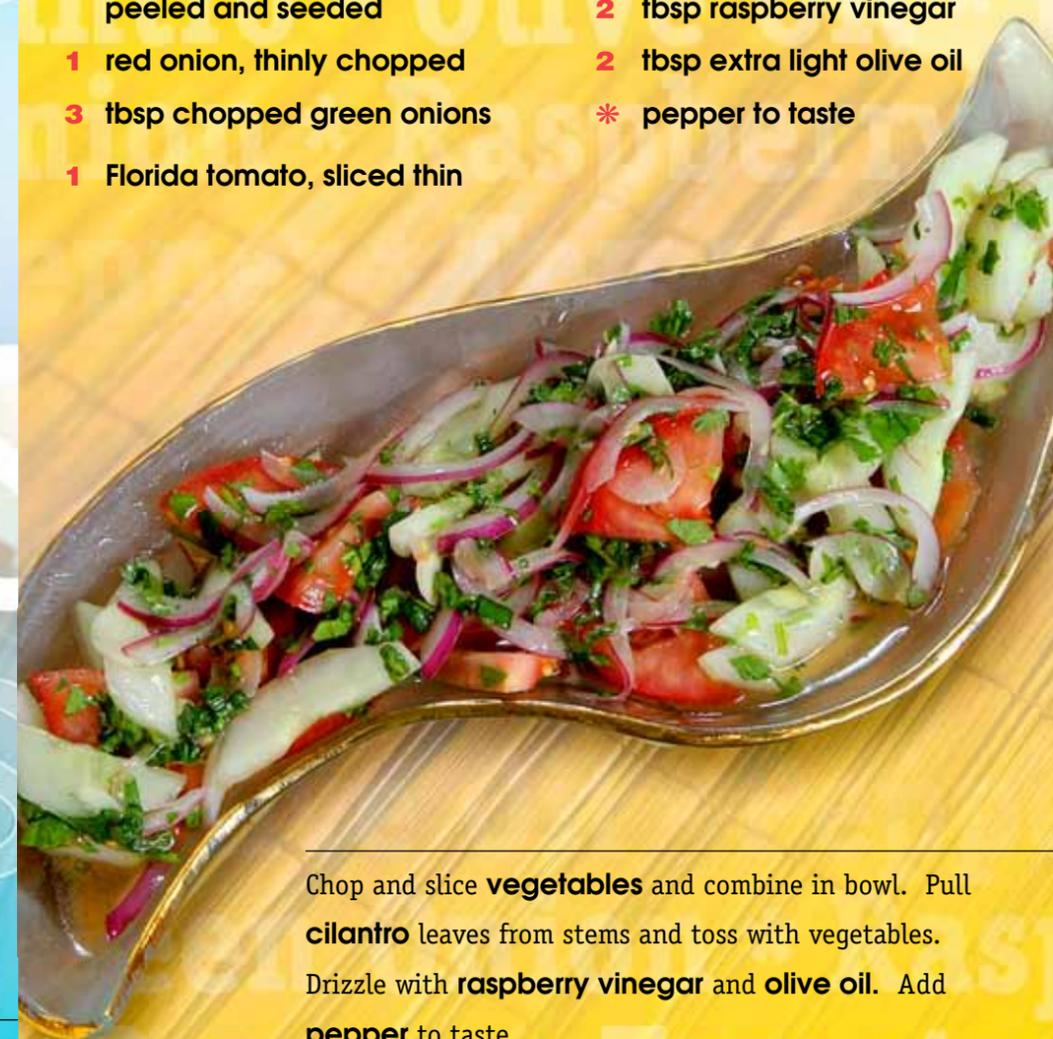
Put **yogurt** into a shallow glass or tumbler. Add **fruit** and **pecans** on top. Freeze for 5-10 minutes and serve very cold.

47 calories, less than 1g fat, 54mg sodium, 18g carbohydrates, 7g protein.

A good source of vitamins A, C, E, B6, and riboflavin.

Florida Cucumber Salad

- 2 Florida cucumbers**
- 1/2 bunch cilantro**
- peeled and seeded**
- 2 tbsp raspberry vinegar**
- 1 red onion, thinly chopped**
- 2 tbsp extra light olive oil**
- 3 tbsp chopped green onions**
- * pepper to taste**
- 1 Florida tomato, sliced thin**



Chop and slice **vegetables** and combine in bowl. Pull **cilantro** leaves from stems and toss with vegetables. Drizzle with **raspberry vinegar** and **olive oil**. Add **pepper** to taste.

209 calories, 10g fat, 27mg sodium, 25g carbohydrates, 4g protein. A good source of potassium and vitamin A.

Mozzarella & Florida Tomato Pita

- 1 pita
- 3 oz. mozzarella cheese, sliced
- 1 medium Florida tomato, cut into large rounds
- * dry or fresh basil, to taste

Place **mozzarella cheese** on pita, top with **tomatoes**, and add **basil**.
Place in oven or toaster oven at 350 degrees for 3-5 minutes.

190 calories, 10g fat, 22mg sodium, 8g carbohydrates, 16g protein. A good source of vitamins A, C, B6, and riboflavin.



To eat smart, all you need to do is keep these **simple tips** in mind:



- Eat at least 5 fruits and vegetables each day.
- Reduce your portion sizes: keep meat servings to about the size of a deck of cards.
- Make sure to eat breakfast every day—it will keep you from snacking later!



- Eat slowly: it takes 20 minutes for your brain to know your stomach is full.
- Eating healthy throughout the day not only keeps you full but it also keeps your metabolism running.



- As an alternative to frying, try baking or broiling your food instead.
- Flavor foods with herbs and spices instead of butter and salt.



- Eat before you go to the grocery store—shopping on an empty stomach will make you buy more junk food!
- Try not to eat out of boredom or frustration. If you're not hungry, do something else—like taking a walk!

When you do get a **snack attack**, try one of the **healthier recipes** provided in this brochure

For more information, please contact:

Florida Department of Agriculture and Consumer Services
Division of Marketing and Development • Minority Education

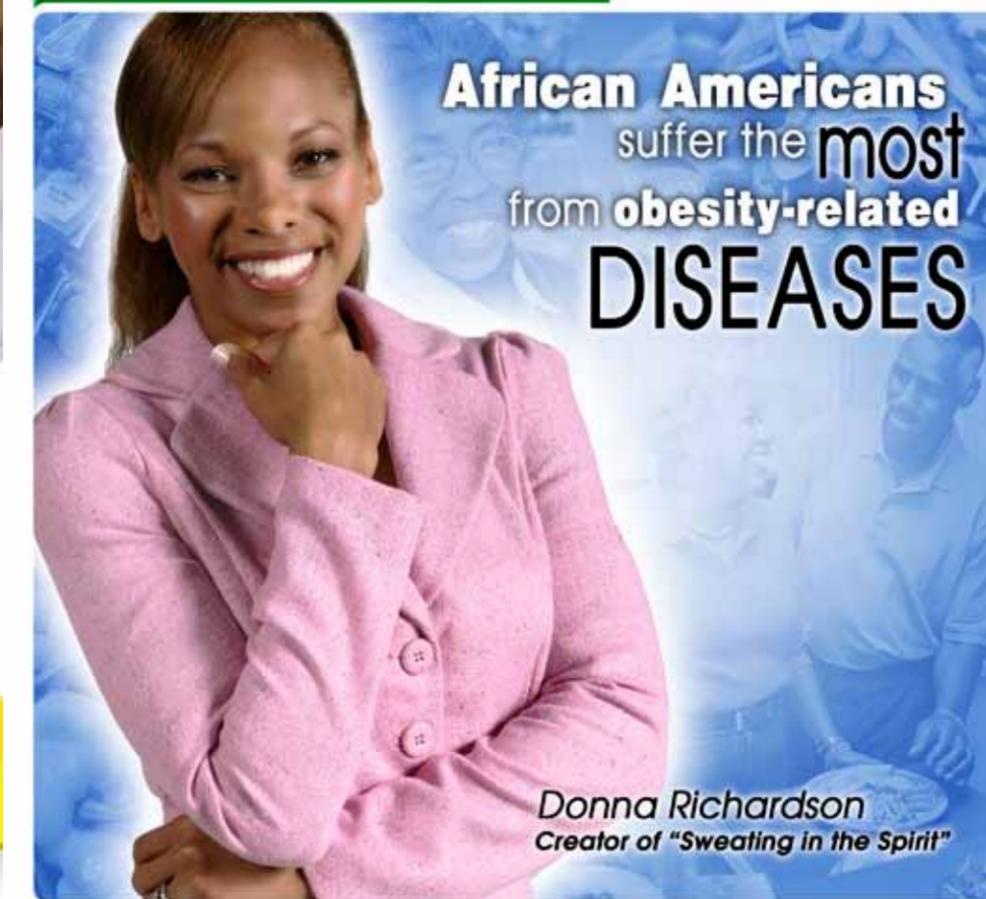
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"IT'S A FACT..."

African Americans suffer the **most** from **obesity-related DISEASES**



Donna Richardson
Creator of "Sweating in the Spirit"

What can I do about it?

"Cultural factors, such as **traditional diets** and exercise habits, can result in **weight gain**."

"Learn the facts and take action.
You'll have a longer, **healthier** life."

