

## Good food gives ENERGY for LIFE!

According to health experts:

- At least **40%** of American Hispanic children in the pre-teen to early-teen years are overweight.
- Hispanic children who are overweight and have a family history of diabetes or heart disease may already be at risk.
- Only **25%** of adults and **20%** of children eat the recommended five or more servings of fruits and vegetables each day.
- Each year 300,000 people **die** from obesity-related diseases.

## Love Your Family!

What can you do to help your family live a healthier life?

1. Educate yourself and your family on healthy food choices and increase your daily consumption of fresh produce.
2. Examine traditional recipes that can be enhanced with the addition of fresh fruits and vegetables.
3. Provide your family with nutritious meals.
4. Encourage positive physical activities that your family will enjoy. Be a role model by joining in the activities.

## Eat Fresh Produce!

The key to a better diet is to seek ways to incorporate healthy ingredients into traditional foods by mixing things up a bit. By blending Florida produce in with traditional Latin cuisine, such as adding cooked carrots to rice, or cabbage to pork, meals can become healthier and more interesting. Starchy foods can be balanced with lighter vegetable dishes and still allow dishes to reflect cultural preferences.

**The goal is not to abandon tradition but enhance it the healthy way.**



For more recipes and information about Florida fruits and vegetables, log on to the Florida Department of Agriculture and Consumer Services website at [www.florida-agriculture.com](http://www.florida-agriculture.com)

Enjoy your  
Hispanic  
cultural  
diversity  
in good  
health...  
for many  
generations  
to come!  
Something old,  
something new,  
something  
“Fresco de  
la Florida”  
Just for You!



## Grilled CORN RELISH



- 3 ears Florida corn
- 1/2 cup Florida cherry tomatoes
- 1/2 bunch Florida cilantro, chopped
- 1/4 Florida red onion, minced
- 1 teaspoon cumin
- Zest and squeeze from one Florida lime
- Black coarse pepper and sea salt to taste

Grill corn on low heat. Cut corn off of ears. Add remaining ingredients and mix well. Serve as a garnish or side dish.

Yield: 4 servings

Per serving: Calories 79, Fat 0g, Carbohydrates 19g, Protein 0g

In addition to adding new ingredients to old recipes, here are some tasty new recipes to try.

## CUCUMBER SALAD with Spicy Grilled Beef

- 1 tablespoon soy sauce
- 1 tablespoon chili sauce
- 1 teaspoon Florida garlic, minced
- 1 teaspoon rice wine vinegar
- 3 ounces pickled ginger, chopped
- 1 tablespoon Florida green onion, chopped
- 1 Florida cucumber, seeded, peeled and thinly sliced
- 1/4 pound filet mignon, grilled to taste

Whisk together soy sauce, chili sauce, garlic and vinegar. Grill the beef and cut into small strips. Add remaining ingredients and mix well. Refrigerate for at least 10 minutes before serving.

Yield: 4 servings

Per serving: Calories 301, Fat 9g, Carbohydrates 40g, Protein 18g

**Traditions are important...  
so is good health.  
Enjoy "Fresco de la Florida"**

Whatever your heritage, Florida farmers have food for you! Our farmers are the most productive in the world...bringing your family the BEST!

## **Tradition and Good Nutrition Go Together!**

Florida Hispanics from numerous nationalities have varied dietary traditions. As the Hispanic population grows in Florida, cultural culinary traditions have begun to merge with those of other Americans. Also influencing the menu changes are the alarming statistics associated with the increased obesity and diabetes in the Hispanic segment due to the consumption of traditionally starchy foods. Cultural factors, including traditional diets and exercise habits, can increase obesity among some minority groups, including Hispanics.



**For more helpful tips on healthy produce and how to reduce health risks, please contact the following organizations:**

### **FLORIDA DEPARTMENT OF AGRICULTURE AND CONSUMER SERVICES**

Division of Marketing and Development  
407 S Calhoun St  
Room 427A, Mayo Building  
Tallahassee, FL 32399-0800  
(850) 488-5831  
Website: [www.florida-agriculture.com](http://www.florida-agriculture.com)

### **AMERICAN DIABETES ASSOCIATION**

ATTN: National Call Center  
1701 North Beauregard Street  
Alexandria, VA 22311  
1-800-DIABETES (1-800-342-2383)  
Email: [AskADA@diabetes.org](mailto:AskADA@diabetes.org)  
Website: [www.diabetes.org](http://www.diabetes.org)

### **AMERICAN HEART ASSOCIATION**

National Center  
7272 Greenville Avenue  
Dallas, TX 75231  
1-800-AHA-USA-1 (1-800-242-8721)  
Website: [www.americanheart.org](http://www.americanheart.org)

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are important...**



**so is  
GOOD  
HEALTH.**

**Enjoy "Fresco de la Florida"**



Florida Department of Agriculture  
and Consumer Services  
Charles H. Bronson, Commissioner

